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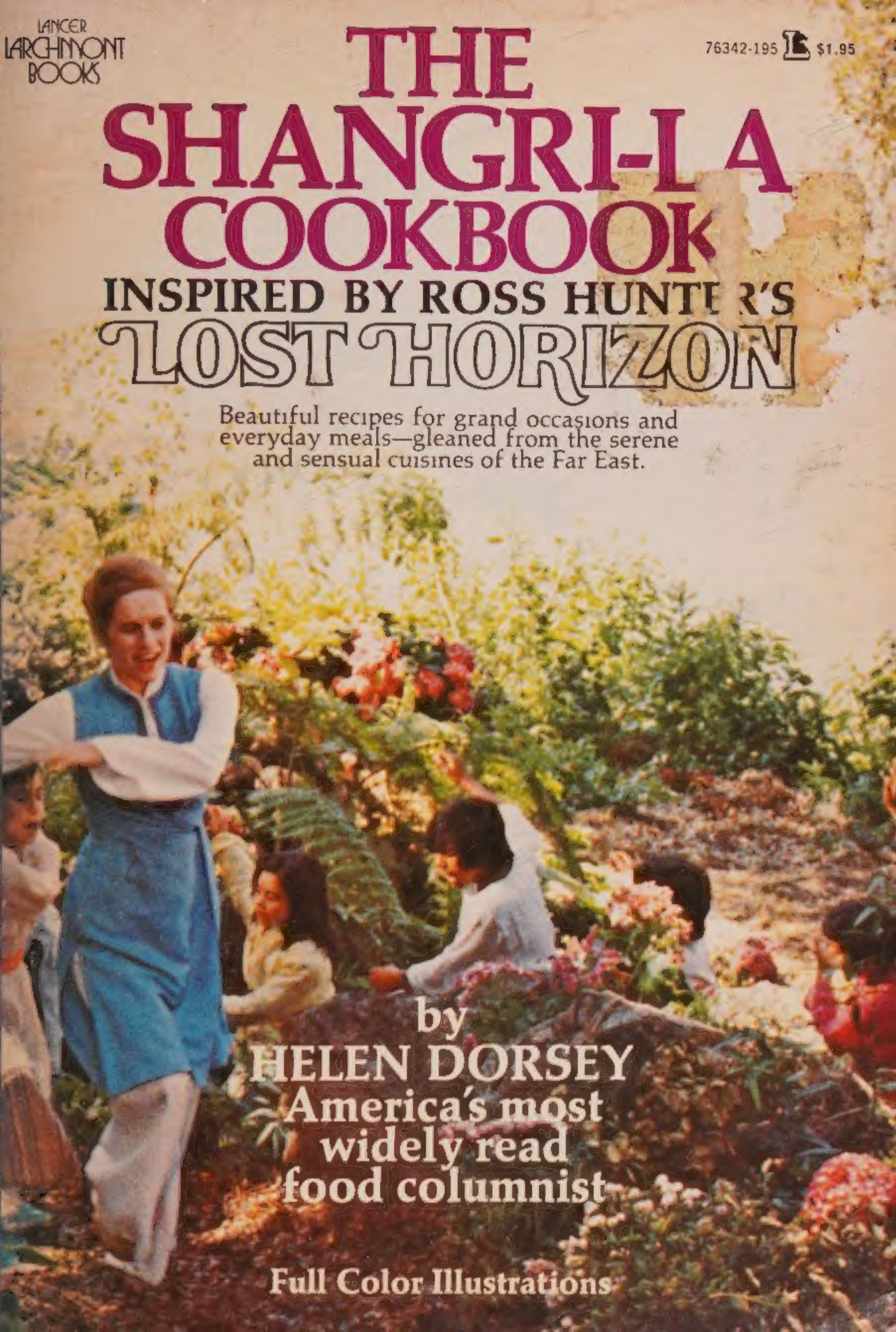
THE SHANGRI-LA COOKBOOK

INSPIRED BY ROSS HUNTER'S LOST HORIZON

Beautiful recipes for grand occasions and everyday meals—gleaned from the serene and sensual cuisines of the Far East.



by
HELEN DORSEY
America's most
widely read
food columnist

Full Color Illustrations

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A GUIDE TO SHANGRI-LA GUSTATORY PLEASURES EASILY PREPARED IN YOUR OWN KITCHEN!

254 simple, off-beat recipes for
main dishes, vegetables, breads,
appetizers and sweets—culled
from favorite court dishes
of ancient Chinese emperors
rice tables of Indonesian princes
Tibetian nomads Koreans and
Japanese fisherman Indian gurus
organic food lovers
plus a complete menu from
the banquet scene
of Ross Hunter's musical version
of "Lost Horizon" with recipes
adapted for easy
at home presentations.

BY
HELEN DORSEY
AMERICA'S
MOST WIDELY READ
FOOD COLUMNIST!

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LANCER BOOKS NEW YORK

A LANCER LARCHMONT BOOK

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Lost Horizon Banquet

PROLOGUE

Shangri-La, as conceived by James Hilton in his famous book and recreated in Ross Hunter's musical version of *Lost Horizon*, is a far-away paradise where everyone lives happily and healthfully for an eternity in the serene Valley of the Blue Moon. To many of us it conjures up memories of grand events in our own lives, a place we once visited, times shared with new loves or strangers, luxurious moments held in the mind forever, far removed from our daily lives.

Far too few of our memories in this country are of grand and wonderful meals, splendid rare dishes whose tastes we can still savor. Life has become too fast, it often seems, for us to take time to prepare and consume the kinds of meals our parents considered one of the basic pleasures of living. Our food culture seems more and more centered on quick snacks, TV dinners, MacDonald hamburgers, anything so long as it fills the stomach and doesn't take much time.

In this book, we are trying to remove you from this time and place to another world where food is not simply a matter of ten minutes in the oven. Shangri-La is an appropriate theme, for it is not only a symbol of quiet pleasure but a place where food and dining were elevated to a special place of honor and reverence.

The fact that Shangri-La was located somewhere in the Orient is no accident, for all of the countries of the Far East share the same veneration for food. Food is such a vital part of their existence, in fact, that it is inextricably intertwined with their culture, traditions, and religion and often acquires distinct metaphysical overtones. The Moslems, for instance, believe that the food you eat has a considerable effect on your spiritual well-being. In Japan "gohan," the word for rice also means "honorable food." In India, rice symbolizes purity, prosperity, longevity, and good luck. In China, the children are scolded if they do not eat all of their fluffy white rice For every grain left in the bowl, they are told, a pock mark will appear on the face of their future spouses. Chinese noodles are given on birthdays to symbolize longevity. According to Hindu tenets, the coconuts used in Indian and Indonesian cooking symbolize life itself: the water is pure, the meat is sweet, but the shell is very, very hard.

Indians cannot cook without *ghee*, a clarified butter used in making curries and many other dishes. In the Moslem religion, *ghee* is the fire sign for purity. Ancient Tibetans burned *ghee* to drive away evil spirits and Indians still burn it during religious ceremonies. Indians, in fact, use food to celebrate many occasions, everything from sacred rights to something as minor as getting a new job

Death is even a cause for feasting. The Chinese prepare and take rice to the graves of ancestors. In Singapore, there's even a "dying-out" street. While the final preparations are being made for the funeral, all the relatives of the late departed picnic loudly striking their chopsticks against their bowls.

During birthdays, Moslems prepare *Ladoo*, sweets made with milk and ground nuts, and offer them to their God, later to their friends. Moslems are very strict in their inclusion of a sweet in every meal because their prophet Mohammed's favorite food was sweets. Hindus really believe that the character of the food they consume will influence their thoughts. According to their belief, if you eat sweets, then you will enjoy the "sweet things of life."

Great care is taken not only in the selection and

preparation of the food, but in its presentation. The Japanese particularly stress the esthetics of the food and strive to prepare a feast for the eye and the mind as well as the stomach. The actual physical setting for formal dining is very important.

The elaborate tea ceremony or formal dinner party is held, if possible, in quiet, serene surroundings, such as a garden. The feeling of being outdoors or in quiet surroundings at dinner is very reminiscent of the quiet, peaceful atmosphere during the banquet scene in *Lost Horizon*.

Food also plays a strong role in the Hunza, a small independent Moslem kingdom tucked away in the West Pakistan-occupied portion of Kashmir. Located in a lush valley between the two towering Karakarom mountain ranges of the Himalayas and seldom seen by outsiders, Hunza is thought by many students of James Hilton's novel, to bear a remarkably close resemblance to the mythical Shangri-La, not simply because of its arresting location but for the remarkable good health, longevity and well-being of the Hunzakuts.

"The average man lives to be from 80 to 100 years old and is in very good shape," says Prince Mohammed Ameen Khan, son of the ruling Mir, and a bouyant and healthy-looking young man now studying in the U.S.

"It's the combination of varying climate (winters there are severely cold, summers very hot), high altitude, clean air, simple diet and especially the good water so rich in minerals that comes from the glaciers. There is little tension or worry because inequality does not exist. It's a combination of all these factors and the feeling that everything seems to be in balance."

"We eat many raw fruits and vegetables. We love apricots, peaches, plums, grapes, melons, and strawberries. I like vegetables in salads or barely steamed in a little water. The chappatis made from unleavened stone ground wheat or barley is an important part of our diet.

"I never worry about what I'm going to eat and neither do my people. It's only in the last few years that they have come to know what foods are bad for them. We eat unconsciously,

and never diet or cut down on food. We never snack between meals, but take along apricots to ward off dizziness when we climb in high places."

In Hunza and in Shangri-La, food has many mental and spiritual overtones. "If you take food off the plate," Ameen said, "and see that it's dirty, and think, I'm going to be sick because I've contracted some germs, even if there aren't any germs, you probably will get sick. But if, instead, you think, 'Forget it,' you probably won't get sick. I think it's what is in the mind."

Cooking Oriental implies putting into practice some of these principles: creating your own spice powder (*Garam Masala*) instead of buying curry powder, heating the spices in the *ghee* to give more character to the curry than if it's added to liquid ingredients. Like Chinese cooks, with a little ingenuity and practice, you will be able to create an infinite variety of dishes using the same staple, to use the Chinese cleaver to cut the food prior to cooking, rather than slicing later, as done in the Western manner, to improve timing so vegetables are crisp and tender in stir-fried dishes. You will soon learn how to marinate or flavor food to give it a subtlety or pungency by the use of sauces or spices. These are only a few of the tricks that can turn the most banal foods into ambrosia to create those memorable foods for the Shangri-La table.

Since the concept of Shangri-La itself is universal in appeal, but nonetheless somehow linked to the Far East, recipes have been selected to match that same mood. The result is a constellation of Oriental recipes gleaned by ignoring all time or geographical barriers: from ancient Chinese emperors, Beggar's Chicken (chicken baked in clay), such plebian favorites as *satay*, sold by Malaysian street vendors, *chappatis*, the ubiquitous unleavened bread of Indians and the healthy Hunzakuts, to the more elaborate offerings from the rice table, to recipes from some of the people who "made" Shangri-La (Peter Finch, Liv Ullman, Bobby Van, James Shigeta, Burt Bacharach) and the finale, the recreation of the banquet scene from Ross Hunter's *Lost Horizon*.

Foreign or hard-to-get ingredients have been kept to a minimum. And when used, you are told where to obtain them, or given substitutes. To keep the cook happy and serene, recipes have deliberately been kept short, simple and healthy using as many health foods or fresh foods as possible. Breads and salads, not usually thought to be included in the Oriental diet are detailed, as well as a "Potpourri," a collection of side dishes to glamorize a curry or add a touch of flair to a main dish.

Finally, the celebration and presentation of food deserves your careful attention! Meals designed for the mind and eye include meals-all-in-one: Korean Lettuce Lunch, composed of mounds of fish, meat and vegetables in lettuce leaves for guests to roll their own lunches, Mongolian Hot Pot, a communal rite of rinsing the meat and vegetables in hot simmering broth, and Chinese Dinner In a Jacket (foiled marinated meat or poultry dinners to pop into the oven).

And now you are ready to go to Shangri-La and follow the sage advice of Chang (played by Sir John Gielgud in the movie) who says, "You, like everyone else in Shangri-La, are on a pilgrimage through life; by chance, part of your discovery is here. Here, we have time for reflection. Sickness is unknown - perfect health is the rule and it is quite common to live to a very old age!"

I
OPENERS

APPETIZERS

CURRY PUFFS

For Ceylonese Pastry

2 cups sifted all-purpose flour
1/2 tsp. salt
1/2 tsp. double-acting baking powder
1/4 cup butter (or margarine)
1 egg yolk
1/4 cup milk

Sift together flour, salt and baking powder into mixing bowl. Cut in butter (or margarine). Beat egg yolk with milk, and add to make a stiff dough. Set aside, loosely wrapped in wax paper.

For The Filling

1/4 cup raw pork, finely chopped
1/4 cup raw lamb, finely chopped
1/2 cup raw chicken, finely chopped
1 slice raw bacon, finely chopped
2 tbsps. butter (or margarine)
2 tbsps. instant minced onion
1/4 cup cold water
1/4 tsp. garlic powder
1/4 tsp. ground cinnamon
1/4 tsp. ground ginger
1/4 tsp. cayenne
2 tsps. ground coriander
small pinch whole saffron
1/4 cup fresh tomato, chopped
1 1/2 tsps. salt
1/4 cup milk
1/3 cup cooked potato, finely chopped
1 hard-cooked egg, minced
1 tbsp. fresh lemon juice
Ceylonese pastry
1 egg white, slightly beaten
deep fat for frying

Combine meats; set aside. Melt butter (or margarine) in saucepan until lightly brown. Soak onion in cold water, drain well, sauté in browned butter (or margarine) 1 minute. Add spices, cook 1 minute. Add tomato, meat and salt. Cook 2 to 3 minutes. Stir in milk and cook until liquid is almost absorbed. Add potato, egg, and lemon juice. Roll pastry paper thin on lightly floured board. Cut into circles with 2 1/2 inch cooky cutter. Brush edges with egg white. Place rounded 1/2 tsp. of curry mixture in center of each. Fold over dough and crimp edges with fork, sealing well. Fry in hot deep fat (360 to 375°F) until golden brown. Drain on absorbent paper. Serve as an hors d'oeuvre. Makes 60 puffs.

CHICKEN NIBBLERS WITH SAUCE

1 boneless chicken breast (1 lb.)
1 tsp. salt
2 tbsps. sake
1/4 cup rice wine vinegar
2 1/2 tbsps soy sauce
3 tsps. sugar
1 1/2 tsps. prepared yellow mustard

Rub chicken with salt; then sprinkle with sake. Place in steamer over boiling water and cook 20 minutes (or until tender). Set aside to cool; cut into bite-sized pieces. Serve on cocktail picks, with sauce made by combining vinegar, soy sauce, sugar and mustard. Serve with thin crackers and wafers. Makes 24 appetizers.

CRISPY SQUIGGLES

1/4 cup chick pea flour (available in health food store)
3/4 tsp. salt
1/2 tsp. turmeric
1/2 tsp. cayenne
1 cup potatoes, cooked, mashed
vegetable oil for deep frying

Mix flour with spices; stir into mashed potatoes. Place half

the mixture in a potato ricer. Squeeze into deep fat, heated to a temperature of 380° F. (Have pan only half filled with oil since space is needed as fat bubbles up when squiggles are first added to pan.) Fry until light golden brown. Remove with slotted spoon. Drain well on absorbent paper. Wait until fat reaches 380° again then, repeat using remaining dough. Serves 6 to 8.

Note. This is an interesting nibble that looks like spaghetti when cooked! Good to serve along with tray of assorted raw vegetables.

FIVE SPICE LIVER

1 lb. chicken livers or use beef or calves liver cut in strips
3 tbsps. soy sauce
1/4 c. flour or chick pea flour
4 tsps. five-spice (found in Oriental food shops)
bacon drippings (or ghee)
6-8 small lettuce leaves
crisp crackers

Combine livers and soy sauce. Cover, refrigerate several hours. Mix flour and five spices, use to coat livers. Saute in drippings until browned and cooked (about 2 or 3 minutes on each side). Serve on lettuce as an hors d'oeuvre or appetizer. Place several crackers on each plate. Serves 6 to 8.

Note: Five-spice powder is a blend of star anise or hot bok, Chinese cinnamon; fennel or aniseed, Szechuan pepper or Chinese pepper, and clove. Excellent for fragrant, tangy flavor. (Good substitute is a mixture of 1 tsp. each powdered cinnamon, aniseed, cloves and thyme).

LONGEVITY NUTS

1 qt. peanut oil
2 cups raw peanuts, shelled
1 tsp. peanut oil
2 tsps. natural sugar
1/4 tsp. five-spice (Chinese grocery)
pepper (or anise pepper salt*)

Heat oil in saucepan to 350° F. Add peanuts, stir-fry until golden brown (about 1 minute). Do not over-fry. Remove

from hot oil, drain on absorbent paper. Season liberally with five-spice powder mixed with pepper (or anise pepper salt). Serves 8 to 10.

Note: This makes a great "nosh" to serve at cocktail parties. Fun to do with pumpkin or sunflower seeds deep-fat fried in sesame oil.

*Anise pepper salt can be made by toasting 1 tsp. anise pepper in ungreased skillet until dark brown in color, cooled and ground in pepper mill and mixed with 1 tbsp. sea salt Gives a hauntingly delicate flavor to meat (including variety meats), fish and poultry main dishes.

MARBLEIZED TEA EGGS

18 eggs
6 teabags
1/4 cup soy sauce
1/4 cup salt

In 6 cups cold water in a large saucepan (or kettle), bring eggs to a boil; then remove saucepan from heat and let eggs stand in water, uncovered, 15 minutes. Run eggs under cold water for a few minutes. *Do not remove shells* but roll each egg gently on a board (or table) or tap lightly with a spoon, to crack the entire shell. (Cracking the shells permits tea color to seep through, marbleizing and flavoring eggs.) In 4 qt. kettle (or saucepan), bring 6 cups cold water to a boil. Add cracked eggs, tea bags, soy sauce and salt. Bring to a boil again, then simmer eggs, covered, over low heat, 45 minutes. Turn off heat; leave eggs in liquid, covered, 1 hour. Now remove unshelled eggs and a few spoonsful of liquid to serving bowl; serve eggs warm. Or refrigerate eggs and serve cold in 2 days, shelling just before serving. Great as an appetizer or to decorate salads, or as a curry garnish. Makes 18.

MARINATED ABALONE

1 can (16 ozs.) abalone, or cooked shrimp
1 large cucumber, peeled, seeded, cut in strips
2 tbsps. soy sauce
2 tsps. sesame oil
pinch sugar
freshly ground black pepper

Drain abalone, cut into thin strips. Place abalone and cucumber strips in shallow bowl. Mix together soy sauce, sesame oil and sugar. Pour over abalone and cucumber strips, let stand 30 minutes. Drain, sprinkle lightly with ground pepper. Serve on toothpicks as appetizer. Serves 6 to 8.
Note: Abalone is available fresh in limited supply on West Coast, but is available canned, imported from Japan and Mexico.

MARINATED MUSHROOMS

1 lb. small fresh mushrooms (about 36)
1/4 cup onions, finely minced
1 1/4 cup wine or rice wine vinegar
3 tbsps. dry sherry or sake
2 tbsps. imported soy sauce
2 tbsps. sugar
1 tsp. salt
1/4 tsp. freshly ground black pepper

Trim stem ends from mushrooms. In small saucepan combine onion, wine, sherry, soy sauce, sugar, salt and pepper. Bring to boil; add mushrooms. Stir well, let cool, stirring occasionally. Cover and refrigerate about 24 hours. Makes about 3 dozen hors d'oeuvres.

PINEAPPLE YAKI TORI

1 can (15 1/4 ozs.) pineapple chunks
1/2 cup soy sauce
1/3 cup sugar
1 clove garlic, crushed
1/4 tsp. ground ginger
1 whole chicken breast, boned

Drain pineapple, reserving 1/3 cup syrup. Combine reserved

syrup, soy sauce, sugar, garlic and ginger. Bring to boil; cool. Cut chicken into 1/2 inch cubes. Alternate pineapple and chicken on 6 inch skewers (or hibachi sticks), allowing 2 pineapple chunks and 2 chicken cubes per skewer. Marinate in sauce 15 minutes. Broil about 6 inches from heat, turning once or twice. Makes about 22 kebabs.

RUMAKI

1/2 lb. sliced bacon
1/2 lb. chicken livers, halved
1 can (5 ozs.) water chestnuts, drained and halved
4 scallions, cut into 1 inch lengths
1/3 cup imported soy sauce
1 2 tsp. ground ginger
1 2 tsp. ground turmeric
1 4 tsp garlic powder
1/4 tsp. curry powder

Cut each strip of bacon in half, crosswise Wrap each half around 1 piece of liver, 1 chestnut half and 1 length of scallion. Fasten with a toothpick. Repeat. Place in a small shallow pan. Combine soy sauce, ginger, turmeric, garlic and curry powders; pour over contents in pan. Cover and refrigerate for 2 hours. Arrange on a rack in a broiler pan. Place under a preheated hot broiler for 7 to 10 minutes, turning occasionally. Serve hot Makes about 15 hors d'oeuvres.

SASHIMI SLICED RAW FISH

For The Dipping Sauce

1 tsp dry mustard or fresh ginger root, minced
1 tsp. hot water
1 cup soy sauce (preferably mirin, Japanese soy sauce)

Combine ingredients; set aside.

For The Fish

1 1/2 lbs. *very* fresh fish sea or striped bass, tuna, swordfish or, if preferred, canned abalone, sardines, cooked lobster or smoked salmon

3 cups shredded vegetables lettuce, cabbage, cucumber or daikon, (Japanese white radish available in Japanese food shops, grated)

Remove skin or bone from any portion of fish (or drain canned fish). With sharp knife cut fish across grain into paper-thin slices about 1 1/2 inches by 1/2 inch. Chill fish and vegetables thoroughly. Arrange shredded vegetables to form a "bed" and top with slices of fish overlapping each other to form an attractive design. Serve fish along with dipping sauce. Serves 6.

BEEF SATAY

2 lbs lean sirloin steak, cut into 3/4 inch cubes
1 tsp. ground caraway
1 tsp. ground coriander
2 cloves garlic, crushed
1 tbsp brown sugar
2 tbsps. soy sauce
1 tbsp. lemon juice
salt, freshly ground black pepper to taste

Combine ingredients, let stand 1 hour (longer if desired). Thread 4 or 5 pieces of meat on each skewer (bamboo or wood). Broil on a charcoal fire (or under broiler) turning 2 or 3 times for about 10 minutes. Serve piping hot with satay sauce plain. Serves 4.

Variations: Substitute diced chicken, lamb or prawns for beef and use recipe as directed. Ideally, satay makes an excellent appetizer. It can vary from very mild to very hot according to the country, and whim of the cook!

CHICKEN SATAY, SINGAPORE

3 walnuts, ground
1/2 tsp. ginger root, minced
2 cloves garlic, crushed
1 onion, chopped
juice of 1 lemon (or lime)
2 tbsps. soy sauce
pinch sugar
salt, ground pepper to taste
1 lb. loin of pork, cut in bite-sized pieces

Combine all ingredients. Let stand 1 hour (longer if desired). Thread pork on skewers; grill. Serves 2 to 3.

PORK SATAY, JAVANESE

6 butternuts or Brazil nuts, ground
2 tbsps. ground coriander
1 tbsp. salt
1 tsp. ground black pepper
juice of 2 large onions
1 clove garlic, crushed
3 tbsps. fresh lemon juice
2 tbsps. brown sugar
4 tbsps. soy sauce
1 hot India-type red pepper, seeds removed, minced, or generous amounts of Tabasco sauce
1 1/2 lbs. pork loin, cut in 1 inch cubes
butter (or oil)

Make a paste from butternuts (or Brazil nuts), coriander, salt, pepper, onion, garlic, lemon juice, brown sugar, soy sauce and minced hot pepper (or Tabasco). Rub spiced mixture all over the meat and let stand to become well marinated. Thread the meat on thin bamboo (or wooden) skewers. Broil on a charcoal fire (or under broiler) until done on all sides. They should be crisp and golden. Keep basting with butter (or oil) during cooking. This type of satay does not require sauce. Serves 4 to 5.

MALAYSIAN PORK SATAY

1 tsp. turmeric
1 tsp. ground almonds

1/4 tsp. ginger root, grated
1 tsp. ground coriander
1/2 cup coconut milk
(simmer 1/2 cup each flaked coconut and fresh milk for 2 minutes, drain)
1 lb. lean pork, cut in bite-sized pieces
salt, pepper to taste
1 tsp. brown sugar

Make a paste by combining turmeric, almonds, ginger, coriander and coconut milk. Season pork with salt, pepper. Marinate 1 hour in coconut milk and spices. Thread on skewers, sprinkle with sugar Baste frequently while grilling Serves 2 to 3.

SATAY SAUCE, PLAIN

1/2 cup melted butter
1/2 cup soy sauce
juice of 1 lemon
cayenne to taste
2 tbsps. dehydrated onion flakes

Melt butter in small pan; add soy sauce, lemon and cayenne Heat onion flakes in small amount of water to soften Simmer sauce 3 minutes and float onion flakes on top of sauce to garnish. Serve hot as dip for chunks of satay

PEANUT BUTTER SATAY SAUCE

1 cup water
3 tbsps. peanut butter
few drops Tabasco to taste
salt to taste
2 tbsps. lime (or lemon) juice
1/2 cup fried crisp onion flakes (a staple in Indonesian households, made by chopping onions paper-thin and frying in vegetable oil until crisp and golden. Can be kept in tightly covered jars several weeks)

Mix all ingredients, except onion flakes, together. Top with onion flakes. Spoon over satay.

SESAME SEED CHICKEN BITS

1/3 cup dry sherry (or sake)
1/3 cup salad (or sesame) oil
1 4 cup imported soy sauce
1/2 tsp. ground ginger
1/4 tsp. garlic powder
2 chicken breasts, skinned, boned, and split
1 3 cup toasted sesame seed*

In a medium bowl combine sherry, oil, soy sauce, ginger and garlic powder. Cut each half of chicken breast into 6 pieces (makes about 24 pieces). Add to spiced sherry mixture; stir well. Cover and refrigerate 2 to 3 hours. Broil under a preheated moderate broiler (375° F) for 6 to 8 minutes on each side. Sprinkle with sesame seed. Serve with toothpicks. About 24 hours d'oeuvres.
*To toast sesame seed: sprinkle evenly in jelly-roll pan and bake at 375°F for 6 to 8 minutes (or until browned).

SOY WALNUTS

2 cups halves and large pieces California walnuts
2 tbsps soy sauce
1 tsp. peanut oil

Mix walnuts with soy sauce in shallow pan large enough so walnuts are in a single layer. Let stand several hours (or overnight), stirring gently, occasionally. Toast in preheated 300° F oven 15 to 20 minutes, stirring once or twice. Toss with oil. Cool, then store in tightly covered container. Great nibble with sake! Makes 2 cups.

SRI LANKA CURRIED MEATBALLS

1 lb. chuck, ground
2 tbsps. onions, chopped
3/4 tsp. salt
1/8 tsp. ground ginger
1/8 tsp. ground cinnamon
1/8 tsp. ground cloves
1/8 tsp. ground pepper
2 tbsps. fresh lime juice
1 beef bouillon cube
1/2 cup water
1 small clove garlic, crushed

Combine meat, onion, salt, ginger, cinnamon, cloves, pepper and lime juice. Mix well and form into 1 1/2 inch balls. Place remaining ingredients in large skillet. Add meatballs carefully, a few at a time, turning until cooked on all sides. Cover, simmer about 5 minutes (or until done). Meatballs make pungent appetizers for first course or a good side dish to use on Rijsttafel. Serves 6 to 8.

TEMPURA

1 lb. medium shrimp
3 sweet potatoes, peeled
4 carrots
1/4 lb. fresh snow peas or green beans
12 scallions
1 bunch parsley
1 cup flour
1 cup water
1 egg, slightly beaten
1/2 tsp. salt
peanut oil for deep frying
1/2 cup soy sauce
1 tbsp. horseradish

Peel shrimp and split part way, butterfly fashion, leaving tails on. Cut sweet potatoes in diagonal slices 1/2 inch thick, carrots into long strips and scallions into 3 inch pieces. Separate parsley into clumps. Mix together flour, water, egg and salt to make a batter. Dip shrimp and vegetables into batter, twirling to coat all sides. Fry in deep hot (380°F) peanut oil until golden. Mix soy sauce with horseradish for dipping sauce. Serve as appetizer, snack or whole meal. Serves 4.

Note: Tempura is fun to cook at the table. Ingredients should be beautifully arranged on lacquer tray, straw basket or platter. Your guests can cook their dinner grasping the food or fish with a long-handled fork or bamboo skewers or chopsticks, dipping into batter and plunging into sizzling fat until crisp and golden. Deep-fried foods taste best when drained well on absorbent paper before eating.

SOUPS

ABALONE SOUP

1 can (6 ozs.) abalone, thinly sliced
4 large mushrooms, thinly sliced
1 slice ginger root, minced
1 slice cured ham, cut in thin strips
4 cups beef broth
1 tbsp. soy sauce
few drops sesame oil, optional
salt, pepper to taste
handful watercress (or lettuce), shredded

Heat all the ingredients except watercress (or lettuce) for 3 to 5 minutes. Add watercress (or lettuce), cook about 30 seconds longer. Taste to correct seasoning.

Note: Abalone is available canned in grocery stores in limited supply. (Also available dried, in Oriental foodshops and requires cooking to use, but once cooked, should not be reheated.) Serves 4.

Variations: Change vegetables by adding peeled, sliced cucumber (cook about 2 minutes); peas (frozen or fresh), cook until barely tender; fresh tomato, skinned, finely chopped, simmer 2 minutes.

BOMBAY CURRIED BANANA CHICKEN CHOWDER

1/4 cup butter (or margarine)
1 medium onion, chopped
1 stalk celery, chopped
2 tbsps. flour
2 cups chicken broth
1 cup light cream
1 tsp. curry powder
1/2 tsp. salt
1 1/2 cups cooked chicken, diced
2 bananas, peeled and diced

Melt butter in large saucepan, stir in onion and celery. Cook until vegetables are limp. Stir in flour, mix well. Stir in chicken broth, cream, curry powder and salt. Simmer several minutes. Add chicken and bananas; heat to boiling. Serve hot. Hearty enough to make a good main dish offering followed by a crisp salad! Serves 5 to 6.

CANTONESE SWEET AND SOUR SOUP

4 cups chicken broth
1/2 cooked chicken breast, cut in julienne
1/2 small can bamboo shoots, diced
1/2 small can mushrooms, sliced
1 tbsp. fresh lemon juice
salt to taste
1/4 tsp. ground pepper
1 tbsp. soy sauce
1 large egg, beaten

Heat chicken broth, add chicken, bamboo shoots, and mushrooms; Simmer 5 minutes. Add lemon juice, salt to taste, pepper and soy sauce. Heat through, stirring continually, add egg. Stir one minute longer, but do not boil. Taste to correct seasonings. Serves 4.

Note: Great for the dieter especially if consumed with broiled fish or kebab. Fresh spinach or chopped celery make fine additions!

CHICKEN VEGETABLE SOUP

drumsticks, wings, necks and backs from 3 broiler-fryers
4 cups water
2 tsps. salt
1/4 tsp. ground ginger
4 celery stalks with leaves
1 medium onion, sliced
1/4 lb. mushrooms, sliced
2 cups fresh spinach leaves, cleaned, drained, torn into bite-sized pieces

Place chicken pieces in large saucepan with water, salt, ginger, celery and onion Bring to a boil, reduce heat and simmer, covered, 1 hour (or until tender). Remove chicken. Strain. Cool chicken slightly and remove meat from bones and skin; cut into strips. (If broth and chicken are not to be used immediately, cover and refrigerate) Bring stock to a boil. Add mushrooms and chicken strips, simmer until mushrooms are tender, about 5 minutes. Add spinach leaves, simmer 2 minutes longer. Serves 8.

CHICKEN VELVET WITH LETTUCE SOUP

1 boneless chicken breast, uncooked, cut in small pieces
2 tbsps. finely chopped Canadian bacon
2 cans (10 3/4 ozs. each) condensed chicken broth
2 soup cans water
1/2 tsp. sugar
2 cups shredded lettuce
1 egg, slightly beaten.

Cook chicken and bacon in chicken broth mixed with water and sugar in saucepan until chicken just begins to tenderize. Add lettuce, cook about 1 minute longer. Gradually drizzle beaten egg in a thin stream into simmering soup, stirring gently until egg is just set Serve at once! Serves 6.
Variations Use pork or veal in lieu of chicken; slivered water chestnuts or lotus root, fresh or dried (available at Chinese grocery) and few drops of soy sauce, omit sugar. Substitute shredded Chinese cabbage for lettuce.

CHINESE BEEF AND CABBAGE SOUP

1 tbsp. soy sauce
1 tsp. sesame oil (Chinese grocery)
1/2 lb. boneless sirloin steak, thinly sliced
1 dried tangerine peel (Chinese grocery), cut up
4 cans (14 ozs.) beef broth
1 2 lb Chinese cabbage, cut in 2 inch slices
3 dried Chinese mushrooms, soaked and quartered
1/2 tsp. sugar

In bowl, combine soy sauce and oil Add beef and tangerine peel; toss. Set aside for 30 minutes, stir now and then In kettle, bring broth to boil, add cabbage, mushrooms and sugar. Cook over low heat 10 minutes Add beef mixture. Cook 5 minutes (longer if desired or until done). Serve at once. Serves 6.

Note: A beautiful soup to look at, delicate to taste

COLD CUCUMBER SOUP (NAING-KUK)

3 cups cucumber, thinly sliced
3 tbsps. soy sauce
1 1/2 tbsps. vinegar
2 tsps. ground sesame seed, optional
1 scallion, thinly sliced
1/8 tsp. cayenne
1 tsp. sesame oil
3 4 cup white radish (daikon, available in Japanese grocery), sliced, or peeled red radishes
2 1 2 cups chicken broth

Place cucumber slices in a bowl. Add soy sauce, vinegar, sesame seeds, scallion, cayenne, sesame oil and radishes (or daikon). Let stand until cucumbers become soft, about 20 minutes Add chicken broth. Cover, refrigerate several hours before serving. Serves 6.

Note: A favorite summer soup in Korea, served in frosty bowls.

DUCK WITH CHESTNUTS SOUP - THAI

1 5 lb. duckling
2 qts. water
1 tsp. salt
2 tbsps. lard
1 clove garlic, crushed
1/4 tsp. crushed red pepper
1/4 tsp. ground coriander
1 lb. chestnuts, roasted, shelled, peeled, and sliced
Nam plâ (or anchovy paste)

Remove meat from duckling. Place bones in water with salt and giblets. Bring to a boil, cover and simmer 1 hour. Remove bones and discard. Slice giblets. Reserve stock. Melt lard in 3 qt. saucepan. Add the garlic, pepper, and coriander. Heat for a minute. Then add duck meat and stir-fry until browned. Add reserved stock, giblets, chestnuts. Cover and simmer until meat is tender. Add nam plâ (or anchovy paste) to taste. Chicken may be used in place of the duck. Other vegetables may be added cabbage, lettuce, sliced mushrooms. Serves 8.

JUDY'S WHITE RADISH SOUP

1 can (10 3 4 ozs) condensed chicken broth
1 soup can water
1 cup white radish, sliced, peeled (Chinese grocery or use red)

Combine all ingredients in saucepan; bring to boil Simmer 15 minutes (or until radishes are done, but still crisp-tender). Terrific done with watercress, too! Serves 2

OXTAIL SOUP HONG KONG

1/2 lb. oxtail cut into 2 inch sections
2 1/2 cups water
2 tbsps. peanut oil
1/3 cup raw peanuts, peeled
2 qts. water
2 celery stalks, cut
1/4 cup soy sauce
2 small onions, peeled, left whole
3 thin slices fresh ginger root
1 tsp. salt
pepper to taste

Bring oxtails to boil in 2 1/2 cups water, simmer 5 minutes, drain. Rinse with cold water. Heat oil in skillet, add oxtail pieces, brown quickly, pour off fat. Put browned oxtails in stock pot with peanuts and about 2 qts. water, celery, soy sauce, onions, ginger root, salt and pepper. Simmer about 2 hours, skimming off excess fat as it forms on top of soup. Taste to correct seasonings. Serves 6.

Note For sweet-sour effect, add chopped tomatoes to stock with 6 Chinese red dates (available dried in Chinese grocery) or prunes (pitted and cut in half). Oxtail soup was another winner with Chinese emperors at court!

PORK AND TURNIP SOUP, HOUSE OF MIAO

6 slices preserved turnips, cut 1/4 inch thick (Chinese grocery)
1 can (10 3/4 ozs.) condensed chicken broth
1 soup can water
1/2 lb. boneless lean pork, or veal, cut into thin strips

Thoroughly rinse turnips. Combine all ingredients, bring to boil; simmer 20 minutes to blend flavors. Serve at once. Serves 6.

Note terrific snack for the Chinese who never have soup for openers! They save it for dessert!

SPINACH BEEF SOUP

4 cups beef broth (canned or fresh)
1/4 lb. raw lean tender steak (flank or club steak), cut in shreds with scissors
2 small slices fresh ginger root, minced
2 tsps. soy or oyster sauce
1/2 pkg (10 ozs.) fresh spinach leaves, torn into pieces
1 tbsp. scallions, minced
pinch of sugar
salt to taste

Heat broth and add beef shreds, (must be cut very, very thin like wide noodles), ginger, and soy (or oyster) sauce. Cover,

simmer about 15 minutes (or until meat is tender). Add spinach and scallions and cook until just tender. Add sugar, salt to taste. Serves 4.

Note: A dieter's delight and terrific with plate of Japanese soba noodles, flavored with sesame oil. Soba noodles are easy to obtain in health food or Oriental food shops.

WINTER MELON SOUP WITH CANADIAN BACON

2 cans (10 3/4 ozs each) condensed chicken broth
2 soup cans water
1/2 lb. Canadian bacon, cut into thin strips
2 scallions, cut in thin strips
1 slice ginger root, minced, optional
2 cups cooked winter melon, cut into strips

Combine all ingredients in soup kettle. Heat; stir now and then. Serve at once. Serves 4.

Note: Winter melon is sold fresh by the pound at Chinese grocers. It should not be eaten raw. It is also sold "sugared" as sweetmeat for Chinese New Year. *For an interesting variation*: add a dash of soy (watch saltiness of soup because of bacon) and 1/2 cup diced bamboo shoots, or Chinese broccoli (Chinese grocery, similar to American broccoli, but slightly longer.)

II
PRINCIPALS

BEEF

BEEF WITH PEPPERS AND TOMATOES

1/4 cup soy sauce
1 tbsp. water
1 tsp. sherry
1 1/2 tsps. cornstarch
1 lb. flank steak
1 clove garlic, crushed
3 tbsps. peanut oil
2 1/2 cups green pepper, coarsely diced
1 tsp. salt
1/2 tsp. freshly ground black pepper
2 large ripe tomatoes, cut in wedges

Blend soy sauce, water and sherry with cornstarch. Cut steak into thin slices, add to soy sauce mixture with garlic. Heat oil in skillet. Add peppers and cook over medium heat, stirring constantly, until almost tender. Add beef, salt and pepper; mix well. Cook until meat is tender, about 15 minutes. Stir in tomatoes and continue cooking until tender. Serves 4 to 6.

BEEF VINDALOO

1 1/2 lbs. good stewing beef (round or chuck), cut in 1 inch cubes
3 1/2 tbsps. curry powder or use Peter Finch's Garam Masala [page 81]
1 tbsp. salt
1/2 cup cider vinegar
2 large bay leaves
1/2 cup butter or ghee, melted
water as needed

Put cubed beef in earthenware bowl. Combine curry powder, salt, vinegar, bay leaves and butter or ghee. Blend well. Pour curried vinegar mixture over the meat, turn meat cubes in marinade so pieces are well coated. Cover and refrigerate several days until meat can "ripen" (tenderize and absorb pungent flavor of the curry.) Place meat in Dutch oven or large skillet with marinade and more water as needed. Simmer gently until meat is tender and most of the liquid absorbed. Serve with plain rice and choice of condiments. Serves 4.

Note Vindaloo, a form of curry, is traditionally made with vinegar and is a great favorite with people in Southern India. Often made with pork, but excellent made with chicken or lamb. A super easy curry!

BOBBY VAN'S SPICY BEEF

1 lb. lean tender steak
2 large green peppers
4 scallions
4 tbsps. soy sauce
2 tbsps. sherry or rice wine
1 tsp. sugar
5 tbsps. peanut oil
2 cups celery, thinly sliced
1 tsp. salt
1 to 2 tsps. lae mirchi powder (available in Indian food shops)
1 tsp. cornstarch mixed with 2 tbsps. water

Slice steak in thin strips across the grain, using Chinese meat cleaver or sharp knife. Seed washed peppers, dice into 1 inch cubes, cut scallions in 1 inch pieces. Combine soy sauce, sherry and sugar; pour over beef. Heat half the peanut oil in wok or large skillet over high heat. Stir-fry green pepper and scallion a minute, lift out. Add remaining oil; quickly stir-fry beef; return pepper scallion mixture to wok. Add with salt, lae mirchi and celery; stir-fry 2 minutes. Pour in remaining marinade and cornstarch mixture. Cook, stirring over medium heat until thick and smooth. Serve alone or over hot cooked rice or Chinese noodles. Serves 4.

CANTONESE GRILLED STEAK WITH OYSTER SAUCE

2 lbs. sirloin steaks
small clove garlic, crushed
2 tsps. oyster sauce (found in Chinese groceries)
3 tbsps. soy sauce
1 tsp. sherry (or sake)

Trim excess fat from steaks. Combine garlic, oyster and soy sauces and sherry; mix well. Rub marinade carefully into both sides of steak with hands. Broil 6 to 7 minutes per side in preheated broiler or charcoal broil outdoors. Serve piping hot. 4 to 6 servings.

SWEET AND SOUR STEW, HUNZA

1 lb. lean stewing beef, fat trimmed off, cut into 1 inch pieces
2 tbsps. safflower oil
2 cups water
1 onion, sliced
sea salt
freshly ground pepper to taste
4 carrots, well-scrubbed, cut into 1 inch pieces
1/2 cup mushrooms, chopped
3 tbsps. red wine vinegar
1/3 cup tomato, chopped
1/4 cup natural sugar
1 tbsp. Worcestershire sauce
soy or whole wheat noodles

Brown meat well on all sides in hot oil. Reduce heat, add 1 cup water. Add onion, sea salt and pepper. Simmer about 1 1/4 hours. Add carrots, mushrooms, remaining water, vinegar, tomato, sugar and Worcestershire. Cook about 1/2 hour longer or until meat and vegetables are crispy-tender. Serve over hot cooked soy sauce or wheat noodles. 6 servings. *Note*. Natural sugar, soy or whole wheat noodles are available in health food stores. A nice substitute is soba, Japanese buckwheat noodle available in Japanese grocery.

JAMES SHIGETA'S SPARERIBS ORIENTALE

4 lbs beef or pork spareribs
water
2 tsps. salt
1 tsp. freshly ground black pepper
2 pieces ginger root (each piece, 2 inches long) cut into thin strips
1 cup sugar
1 cup catsup
3/4 cup soy sauce
1 3 cup oyster sauce
1/4 cup dive oil

Cut spareribs into 4- or 5-rib sections. Place in large saucepan or Dutch oven. Cover with water, add salt, pepper and ginger Bring to boil, cover, reduce heat Simmer 1 hour Meanwhile, prepare marinade by combining sugar, catsup, soy sauce, oyster sauce and olive oil in small mixing bowl, mix well. Pour over ribs in shallow dish, or use plastic bag, tightly sealed. Refrigerate, marinating overnight, turning several times. Remove ribs from marinade, reserving marinade Place ribs on foil-lined baking sheet Bake at 325°F for 1 1 2 hours, basting often with remaining marinade sauce. To serve, cut into 1-rib sections. Serves 4.

Note Beef requires less cooking time than pork spareribs Oyster sauce gives a beautiful flavor to meat (obtainable in Oriental foodshops). Recipe can be made using 1 cup soy sauce in lieu of soy sauce and oyster sauce The real secret to the ribs is the subtle use of fresh ginger (no substitutes please). The flavor is a hauntingly lovely taste.

KALBI KUI (Korean Short Ribs)

2 lbs. meaty beef short ribs
1 tbsp. bouillon powder
1/4 cup water
3 tbsps. olive oil
3 tbsps. sesame oil
2 scallions, sliced

Place meat in plastic bag. Mix remaining ingredients; pour over meat. Seal bag and refrigerate several hours (or overnight, turning bag occasionally to redistribute the

marinade. Lift ribs from marinade and place on broiler pan. Broil close to the heat for 4 minutes on each side. Servings depend on amount of meat on bones. Serve very hot with chopchae (Korean mixed vegetables). Serves 2 to 4.
Note: Cold sliced meat makes a tasty addition to Korean Lettuce Lunch

KOREAN CHOPCHAE

1/4 cup beef, finely slivered
2 tbsps. corn oil
2 cups cabbage, sliced
1 cup carrots, grated
1/2 cup celery, sliced
1/4 cup onion, chopped
1/4 cup bamboo shoots, sliced
1/4 cup green peppers, sliced
2 tbsps. olive oil
2 cups glass noodles, cut in 2 inch lengths
boiling water
1 tbsp. soy sauce
1/8 tsp. cayenne
2 tbsps. butter
6 lettuce leaves

Sauté beef in oil until browned. Add cabbage, carrot, celery, onion, bamboo shoots, and green pepper; cook until tender, stirring frequently. Place noodles in a bowl, cover with boiling water, and let stand 3 minutes. Drain and add to vegetables with soy sauce, cayenne, and butter. Heat thoroughly; then serve in lettuce leaves. Makes 3 cups or 6 servings.

LAOS PAN FRIED STEAK

4 chicken steaks, cut 1/4 inch thick
2 tbsps. sesame seed
1 tbsp. soy or oyster sauce
1/2 clove garlic, crushed
2 tbsps. scallions, chopped
1/2 tsp. sugar
2 tbsps. corn or peanut oil

Slash outer edges of steaks to prevent curling. Roast sesame seeds in 350°F oven 5 minutes or until lightly browned, then grind sesame seed and mix with soy or oyster sauce, garlic, scallions and sugar. Heat slightly to dissolve sugar; cool. Pour

sides over steaks. Marinate steaks, turning several times. Dry off steaks. Heat oil in skillet, sear steaks 1 to 2 minutes per side. Serve at once topped with heated marinade. Great with crisp cucumber salad and red cabbage in yogurt. Serves 4.

LION'S HEADS

3 large Chinese mushrooms
warm water
3 tbsps. soy sauce
2 tbsps. sherry
1 tsp. salt
1 tbsp. sugar, optional
1 1/4 lbs. lean ground beef
2 scallions, chopped
1 2 tsp. fresh ginger root, grated
1 tbsp. peanut oil
1/2 lb. hearts of Chinese cabbage or broccoli, cut in quarters
1 cup beef broth
freshly ground pepper to taste

Soak mushrooms in warm water to cover 15 minutes, drain. Squeeze dry, dice in large pieces; set aside. To prepare marinade, combine soy sauce, sherry, salt and sugar, set aside. Mix together chopped mushrooms, beef, scallions and ginger root. Form into 5 large meat balls, marinate 5 minutes in sherry-soy sauce. Heat peanut oil in wok, stir-fry cabbage few minutes distributing greens evenly on bottom of wok to form a bed for the Lion heads! Top greens with meat balls, pour in beef broth; season to taste. Cover, steam 15 minutes over low heat (until meat balls are done.) Serve very hot! 5 small servings.

Note: This Shanghai classic sounds ferocious although the dish is tame in flavor. Nonetheless, the name reveals the semi-comic attitude of Chinese cooks!

MONGOLIAN MIXED GRILL

1/2 lb. fresh mushrooms
1/2 cup imported soy sauce
1/2 cup sweet rice wine or sweet sherry
1/3 cup onion, minced
1/4 tsp. coarsely ground black pepper
2 tbsps. lemon juice

1 tsp. lemon rind, grated
1 1/2 lbs. boneless beef round, cut into 1 inch cubes
12 very small white onions, peeled
1 large green pepper, cut into 1 inch squares

Trim stem ends from mushrooms, set aside. In a large bowl, combine soy sauce, wine, minced onion, black pepper, lemon juice and lemon rind. Add mushrooms, beef, white onions and green pepper. Toss well to coat. Cover and refrigerate 1 to 2 hours. Stir gently 2 or 3 times to let marinade penetrate. Alternately arrange beef cubes, mushrooms, onions and green pepper on 6 skewers. Broil about 10 minutes, turning and brushing frequently with marinade. Terrific with Stir-Fried Lettuce or Bean Sprout Salad. Serves 6.

SHAMI KEBAB

1 lb. ground beef or lamb
2 tbsps. yellow split pea flour or white flour
scant tbsp. curry powder
1 1/2 tsps. salt
1 onion, chopped
2 tbsps. lemon juice
1 2 inch piece fresh ginger, grated
handful fresh parsley, minced
2 tbsps. yogurt

Blend all ingredients except yogurt. Allow curry-meat mixture to stand for 1 hour. When ready to cook, form into balls and skewer the meat and baste with yogurt. Cook over charcoal or oven-broil, turning the skewers until the kebab is ready. Serve with pulao or as side dish with curry. Serves 3.
Note: This is a very hot, highly spiced curry.

SIMPLE SUKIYAKI

1 lb. sirloin steak
2 tbsps. salad oil
1 cup onions, chopped
1 cup celery, sliced and a few leaves minced
1 pkg. (9 ozs.) frozen French-cut green beans
1 cup green pepper, sliced
1 tbsp. soy sauce
1/4 tsp. ground ginger
1 tsp. salt
1 cup beef bouillon
1 tbsp. cornstarch
1/2 cup almonds, slivered
1 medium-sized tomato, cut in wedges
hot cooked rice

Cut meat into thin strips; brown in oil in large skillet. Add onion, celery, and beans; cook 5 minutes, stirring occasionally. Add green pepper, soy sauce, ginger, salt and half the bouillon. Combine cornstarch with remaining bouillon, add to skillet, stirring until mixture boils 1 minute. Spoon into serving bowl. Sprinkle with almonds and garnish with tomatoes. Serve at once over rice. Serves 4.

SIRLOIN STEAK NECTARINE SUKIYAKI

2 lbs. sirloin steak
2 large onions
6 to 8 scallions
3 or 4 fresh nectarines
1/4 lb. mushrooms, sliced
1 can (5 ozs) bamboo shoots, drained, sliced
1/2 cup soy sauce
scant 2 tbsps. sugar
1 1/2 cup condensed beef broth
hot cooked rice

Cut steak crosswise into thin slices, saving fat. Cut onions into thin wedges. Slice scallions, including tops into 2 inch lengths. Slice nectarines to make 2 cups. Grease skillet by rendering steak fat; remove fat. Brown beef quickly. Add sliced vegetables. Combine soy sauce, sugar and broth. Add to meat along with nectarines. Simmer 5 minutes. Serve over rice. Serves 6 to 8.

CANTONESE STIR-FRIED FLANK STEAK

1/2 lb. flank steak
1 tbsp. oyster sauce
pinch sugar
1 tbsp. sherry
1 small clove garlic, crushed
1 1/2 tsps. cornstarch
1/2 tsp finely minced ginger root
salt to taste
2 tsps. soy sauce
2 tbsps. peanut or corn oil
2 scallions, cut in 2 inch pieces

Place steak in freezer until it gets firm but not hard (makes

slicing easier). With Chinese meat cleaver or very sharp knife, cut steak into bite-sized pieces 1/8 inch thick by cutting across the grain. Set aside. Mix together remaining ingredients, except scallions, to form smooth sauce. Heat oil in wok or skillet and bring to high heat. Add steak shreds, stir-fry until beef turns light. Add sauce and stir-fry quickly over medium heat until meat is done but still on rare side. Serve at once, garnished with scallions. Serves 2 to 3.

Variation: Substitute one chicken breast for beef, adding 1 tbsp. peanut oil to marinade, reserving 1 tbsp peanut oil for stir-frying chicken. For nice touch, rub chicken with cut lemon *before* slicing.

SUKIYAKI MONGOLIAN

3 tbsps. salt
6 to 8 qts. boiling water
6 cups elbow macaroni (1 1 2 lbs.)
3 lbs. thinly sliced beef sirloin or boned loin of pork, cut in strips
1/2 cup butter or margarine
3 4 lb. fresh mushrooms, sliced
2 medium Bermuda onions, sliced
3 bunches scallions, cut in 1 inch pieces
6 cups celery, diagonally sliced
3 pkgs. (10 ozs. each) fresh spinach, torn
3 cans (5 ozs. each) water chestnuts
3 cups beef broth or bouillon
3 tbsps. cornstarch mixed with 3 4 cup soy sauce
3/4 cup sherry (or sake)

Add salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Meanwhile, in Dutch oven or kettle, sauté beef in butter or margarine until lightly browned, (when using pork, sauté 5 minutes), add mushrooms, sauté 2 minutes. Add onions, scallions, celery, spinach, water chestnuts and beef broth; cook, covered, 3 minutes. Stir cornstarch mixture into kettle, boil 1 minute. Add sherry and heat. Serve over macaroni with additional soy sauce, as desired. Serves 12.

SUKIYAKI KYOTO

2 1/2 lbs. well marbled sirloin
2 cups carrots, thinly sliced
2 cups celery, thinly sliced
1 cup scallions, finely chopped
1 can (8 ozs.) bamboo shoots, drained and sliced
1 can (8 1/2 ozs.) water chestnuts, drained and sliced
1/2 tbsp. sugar
1/4 cup soy or oyster sauce
1 cup beef broth or bouillon
1 tbsp. Angostura bitters

Cut fat from outer edge of sirloin and reserve. To slice meat thinly, freeze until firm, but not hard, then cut into paper thin strips about 1 1/2 inches wide with very sharp knife or Chinese meat cleaver. Arrange meat and all vegetables on a tray. Combine remaining ingredients in a bowl. Dice reserved fat and fry in a large skillet until crisp. Remove crisp pieces and add meat. Cook quickly over very high heat. Add vegetables and cook while stirring. Add liquid mixture. Cover, and let steam for 5 minutes or until vegetables are tender-crisp. Serves 6.

STIR-FRIED BEEF WITH CARROTS AND PINEAPPLE

1 lb. beef sirloin, cut into thin strips
2 tbsps. salad oil
1 clove garlic, crushed
1/4 cup onion, diced
1 tsp. salt
dash pepper
1 can (13 1/4 ozs.) pineapple chunks
1 cup beef bouillon
3/4 cup carrots, thinly sliced
1/2 cup green pepper, diced
2 tbsps. cornstarch
2 tbsps. soy sauce
hot cooked brown rice

Quickly stir-fry beef in salad oil in wok or skillet. Add garlic, onion, salt and pepper, cook 2 minutes. Drain pineapple, reserving 1/2 cup syrup. Add bouillon, pineapple, carrots and green pepper to wok. Cook 5 minutes, stirring. Mix cornstarch with soy sauce and pineapple syrup, add to meat and vegetables. Cook, stirring constantly, until thickened. Serve over brown rice. Serves 4.

INDONESIAN BRAIN FOOD
(Calves Brains in Coconut Milk)

1 lb. calves brains
salted water
boiling water
1 tbsps. coconut or peanut oil
1 small yellow onion, peeled, minced
few drops Tabasco to taste
1/2 tsp. ground turmeric
1 cup fresh coconut milk (page 119)
salt to taste
4 mint leaves (mint flakes)
2 pieces lemon rind

Soak brains in salted water 10 minutes. Remove, put into boiling water, cook for 5 minutes. Drain, remove and discard membrane. Cut meat into 3 inch cubes. Heat oil and sauté onion in oil until lightly browned. Add Tabasco, turmeric, coconut milk, salt, mint leaves (or flakes), lemon rind and cubed meat. Bring to a boil, reduce heat and simmer about 20 minutes. Serve with hot cooked white or yellow rice. Serves 4.

YELLOW RICE

1 cup coconut milk (page 119)
1 1/2 cups water
4 whole cloves
6 cardamom pods, peeled
5 peppercorns
2 bay leaves
1 small piece stick cinnamon
1/4 tsp. crumbled saffron
2 tbsps. coconut or corn oil
1 medium onion, chopped
1 cup raw rice
1 tsp. salt

Place coconut milk and water in bowl. Tie cloves, cardamom, peppercorns, bay leaves, cinnamon and saffron in a piece of cheesecloth. Add to coconut-water mixture; let stand. Meanwhile, heat oil in saucepan. Add onion and brown lightly. Add rice and mix with onions and oil. Add coconut-water mixture with spices and salt. Stir and bring to a boil. Reduce heat; cover and cook gently until rice is tender and liquid absorbed, about 20 to 30 minutes. Remove spice bag and serve hot. Serves 6.

CHICKEN

ALMOND CHICKEN CHOW STYLE

2 whole chicken breasts
1 cup orange juice
2 chicken bouillon cubes, crushed
2 tbsps. cornstarch
2 tbsps. catsup
2 tbsps. steak sauce
1 tbsp. vinegar
4 tsps. sugar
1 tsp. salt
1 cup scallions, sliced
1/2 cup radishes, sliced
1 can (4 or 5 ozs.) water chestnuts, drained, sliced
1 can (8 ozs.) green beans or use 1 cup fresh green beans, cooked
2 tbsps. salad oil
1/2 cup slivered almonds
crisp chow mein noodles

Remove chicken meat from bones and discard skin. cut meat into 1 2 inch cubes Mix orange juice, bouillon cubes, cornstarch, catsup, steak sauce, vinegar, sugar and 1 2 tsp. salt; set aside. Prepare all vegetables: there won't be time once cooking begins! Heat oil in skillet until a piece of chicken sizzles when added Add all chicken, sprinkle with 1/2 tsp. salt. Stir-fry over medium heat for 10 minutes until chicken is cooked and golden Add almonds to pan; stir-fry 1 minute. Mix in scallion until coated with oil, then add orange juice mixture and cook, stirring gently, until it comes to boil and is thickened. Add radishes, water chestnuts, and beans to pan; cook just until heated through. Serve as soon as possible over chow mein noodles. Serves 4.

BEGGAR'S CHICKEN SZECHUAN

For The Baker's Clay

3 cups all-purpose flour
2 cups salt
1 tbsp. ground ginger
about 1 1/3 cups water

Mix together flour, salt and ginger in mixing bowl. Add enough water to form stiff paste: it should not be sticky. Turn out on floured board. Knead several times; roll out to 1/2 inch thick circle. Set aside.

To Prepare The Bird

1 3-lb. broiler-fryer
5 tbsps. soy sauce
5 tbsps. sherry or sake
3 large Chinese dried black mushrooms
3 links Chinese pork sausages (lup Chong)
1 inch piece ginger root, minced
3 scallions, chopped
1/2 tsp. ground Szechuan pepper
3 tbsps. peanut oil
3/4 cup shredded preserved Szechuan vegetables, well rinsed, or Chinese cabbage or bok choy
4 water chestnuts, slivered
1/2 cup cooked rice
salt, pepper to taste
softened butter
large sheet heavy-duty aluminum foil
mallet or hammer
watercress or parsley

Pat chicken dry, inside and out. Tie neck opening with string to make it leak proof. Rub bird inside and out with 2 tbsps soy sauce mixed with 2 tbsps. sherry or sake. Let bird marinate at room temperature 1 hour. Meanwhile, soak mushrooms in warm water 15 to 20 minutes to soften. Squeeze dry, remove tough stems, chop mushrooms with Chinese cleaver or sharp knife. Cover sausages with boiling water, simmer uncovered 10 minutes to remove excess fat. Drain, chop finely. Cook sausage, scallions, and Szechuan pepper in peanut oil in a wok or skillet, stir-frying several

minutes. Add chopped preserved vegetables or Chinese cabbage or bok choy, mushrooms, chestnuts, rice, remaining soy sauce, sherry, salt and pepper to taste, stir-fry over medium heat 2 minutes longer. Fill cavity loosely with dressing. Close opening, secure with string or by sewing. Truss bird, tying legs and wings to body with string. Rub outside skin lightly with softened butter. Place bird in center of large sheet of aluminum foil, mold foil snugly to body of bird to seal completely. Place bird in center of prepared baker's clay. Cover entire body surface with clay, being sure entire surface is enclosed (to hold in fluid and allow chicken to steam). Place bird on rack in shallow roasting pan. Roast at 500°F about 1 1/2 hours. The clay will harden. Remove bird to basket or platter. Use mallet or hammer to crack open shell. Discard outer shell, peel off and discard aluminum foil. Let bird rest several minutes before serving. Garnish with watercress. Serves 3 to 4.

Afterthoughts. Beggar's chicken, a favorite in the ancient courts of Chinese emperors was first prepared by "beggars" who stole or begged a chicken. The bird was plunged into soft earth and baked in the clay. When clay was removed, so were the feathers and the skin! Baker's clay makes a good substitute for this most delicious chicken dish, fit for beggar or king. It is advisable for novice cooks to "crack" the shell in the kitchen before serving! All Chinese ingredients are available in Chinese food shops or mail order houses.

For less tedious preparation. Wrap bird completely in single layer of caul, available from Oriental food shops. Place on a bed of caul in clay mold and bake covered for 1 hour at 450°F, then reduce heat to 350°F, bake 30 minutes longer.

For flavorful variations: rub bird (small turkey, rock cornish hens or squabs) with garlic-sesame oil mixture or crushed ginger root mixed with soy sauce. Ginger root keeps nicely for months if scraped and cut into large pieces, immersed in sherry, covered and stored in a sealed jar in the refrigerator. The dressing should be loose and like the texture of Chinese fried rice. Other substitutes for dressing include chopped Chinese ham or American cured ham, bamboo shoots for vinegary brine-packed Szechuan vegetables (mustard greens

and Chinese cabbage). It's the fragrant aromatic Szechuan pepper that gives the fantastic flavor!

CASHEW CHICKEN SKILLET DINNER

1 3 lb. broiler-fryer cut into serving pieces
1/4 cup butter or margarine
1 cup hot water
1/2 tsp. rosemary, crushed
1/2 tsp. thyme, crushed
1/4 tsp. pepper
1 1/2 tbsps. cornstarch mixed with 2 tbsps. water
2 or 3 fresh nectarines
1/2 cup cashews

Brown chicken in butter or margarine in large skillet with cover until golden; place skin sides up and add hot water, rosemary, thyme and pepper. Cover, cook gently 30 minutes or until tender. Push chicken to one side of pan. Skim off fat. Blend 2 tbsps. water. Add cornstarch mixture to sauce in pan; cook, stirring until sauce thickens. Slice nectarines to get 1 1/2 cups. Add with cashews to pan; cook 2 minutes. Serves 4 to 5.

CHA CHER
(Fried Chicken Gizzards with Walnuts)

1 1/4 lbs. chicken gizzards
chicken broth
1/3 cup soy sauce
2 1/4 tsps. ginger root, minced
5 tbsps. scallions, cut in julienne
1/4 cup Sake (or white California wine)
4 tbsps. sesame oil
1 1/2 cups toasted California walnuts

Wash, drain gizzards. Put in small saucepan with enough chicken broth to cover. Bring to boil, cover, simmer until tender. Drain gizzards, discard broth. Remove outer membrane and quarter gizzards. Mix soy sauce, ginger, scallions and sake or wine. Add gizzards; marinate several hours or longer if desired. Heat sesame oil in skillet; brown gizzards and walnuts in hot oil until crisp. Delicious served on hot soy noodles (or soba, Japanese buckwheat noodles). Marinade

can be heated and used as a sauce to serve on the side. Serves 3 to 4.

Note Gizzards were the choice of ancient Chinese emperors!

CHICKEN CHINOIS

1 3-lb. broiler-fryer, cut in pieces
2 tbsps. butter or margarine
salt, pepper
2 cans (11 ozs. each) Mandarin orange segments
1 cup sugar
1/2 cup lime juice
1 tsp. lime rind, grated
1 clove garlic, crushed
2 tsps. ground ginger
1 tsp. salt
2 tbsps. cornstarch
2 tbsps. almonds, sliced
2 fresh Bartlett pears

Put chicken into shallow pan, dot with butter, sprinkle with salt and pepper. Bake at 375°F for 1 hour or until tender, basting twice with pan juices. Meanwhile, make sauce by draining about 1 cup juice from orange segments into saucepan. Mix in sugar, lime juice, lime rind, garlic, ginger, salt and cornstarch. Cook, stirring over medium heat until sauce comes to boil and is thickened. Stir in almonds and Mandarin oranges. When chicken is nearly done, halve, core and slice pears, add to sauce and heat through. Transfer chicken to platter, spoon sauce over. Serve with salad and rice. Serves 6.

MING DYNASTY CHICKEN LIVERS AND WALNUTS

1 cup California walnut halves
peanut oil for frying
sea salt
1 lb. chicken livers
boiling salted water
1/3 cup soy sauce
3 tbsps. sherry
2 tbsps. brown sugar
2 cloves garlic, cut in half
1/2 cup undiluted consommé
2 tsps. cornstarch
2 tbsps. oyster sauce (available in Chinese groceries)
flour for dusting
1/2 cup scallions, minced
hot cooked rice

Fry walnuts a few seconds in peanut oil heated to 350°F to lightly toast; drain and salt lightly. Parboil chicken livers in boiling salted water to cover about 2 minutes; drain well. Combine soy sauce, sherry, brown sugar and garlic, pour over chicken livers. Marinate 1 hour, turning now and then. Combine consummé, cornstarch and oyster sauce Heat slowly until mixture boils and thickens. Meanwhile dust chicken livers with flour. Fry a few seconds in heated peanut oil until lightly browned on outside but still moist in center. Add livers to hot sauce, mixing thoroughly. Turn into small chafing dish. Pile walnut halves in center and make a ring of hot cooked rice around the outer edge. Garnish rice with chopped scallions. Good to serve with Chinese dinner including egg dish and fried or steamed fish. Serves 4 to 5.

CHICKEN NECTARINE CURRY

1 3-lb broiler-fryer chicken, quartered
salt
freshly ground black pepper
2 tbsps. butter or salad oil
1 tsp. curry powder
2 or 3 large fresh nectarines
1/2 cup flaked or shredded coconut
2 scallions, including tops, sliced

Wash and pat chicken dry, sprinkle with salt and pepper. Heat butter or oil and curry powder in skillet, mixing well. Add chicken and brown slowly. Cover and cook about 45 minutes or until fork-tender. Remove chicken to warm platter. Slice nectarines to make 2 cups, add to drippings in skillet. Sprinkle with coconut and scallions. Cook until lightly browned and heated through, turning as needed. Spoon over chicken. Serve at once. Serves 4.

CHICKEN WALNUT HONAN

1 4-lb. roasting chicken
1 carrot
1 parsnip
small stalk celery
small onion
salt, pepper to taste
6 Chinese dried, whole mushrooms
warm water

3 tbsps. peanut or vegetable oil
large green pepper, diced
5 scallions, sliced
1 clove garlic, crushed
12 shrimp, cooked, cleaned, deveined
1 tbsp. flour mixed with 2 tbsps. soy sauce
1 cup California walnuts, chopped
hot cooked rice

Cut chicken in serving pieces; place in Dutch oven. Cover with water. Add carrot, parsnip, celery, onion, salt and pepper. Bring to boil, reduce heat. Cover, simmer about 1 1/2 hours or until tender. Remove bones, cut chicken into bite sized pieces. Strain stock, reserve liquid. Soak mushrooms in warm water 30 minutes, drain and slice. Heat oil in wok or heavy iron skillet, stir-fry chicken pieces about 1 minute, then add green pepper, scallions and garlic. Toss lightly to mix and stir fry chicken and vegetables. Add sliced mushrooms and cooked shrimp. Add flour mixture. Stir and cook until sauce thickens. Turn into serving dish. Garnish with chopped walnuts. Serve with hot fluffy rice. Serves 6

EMPEROR'S CHICKEN SUEY

3 tbsps. soy sauce
1 tsp. sugar
1 tsp. ground ginger
4 whole chicken breasts, cut in 2 inch strips
3/4 cup scallions, sliced
2 tbsps. peanut oil
2 cans (3 ozs. each) broiled, mushroom crowns, undrained
1 cup water
1/2 cup bamboo shoots, diced
1/2 cup sliced water chestnuts
1/2 cup cucumber, diced
1 tbsp. cornstarch mixed with 2 tbsps. water
1 pkg. (10 ozs.) fresh spinach, torn into small pieces
1 1/4 cups dry roasted peanuts
hot cooked rice

Combine soy sauce, sugar and ginger, add chicken strips and 1/4 cup scallions; let stand 5 minutes. Heat oil in large skillet. Add chicken and soy mixture. Stir-fry until well browned. Stir in mushroom crowns, 1 cup water, 1/2 cup sliced scallions, bamboo shoots, water chestnuts and cucumber.

Simmer over low heat about 45 minutes, or until chicken is tender. Add cornstarch to chicken mixture along with spinach and peanuts. Cook 5 minutes longer. Serve with rice. Serves 4 to 6.

FRIED CHICKEN WITH PEPPERCORNS

3 tbsps. soy sauce
2 tbsps. scallions, minced
1/2 tsp. freshly ground black pepper
1/4 tsp. ground ginger
1 2 1/2-to-3 lb. broiler-fryer cut in 8 pieces
2 eggs
1/4 cup cornstarch
1/2 tsp. salt
oil for deep frying

Combine soy sauce, scallions, black pepper and ginger. Add chicken; toss well to coat. Marinate for about 30 minutes. Meanwhile, in a medium bowl mix eggs with cornstarch and salt. With a slotted spoon, lift chicken pieces from marinade and dip into egg batter. Lower into hot (350°F) oil and fry for about 12 minutes or until chicken is golden and fork tender. Serve hot, sprinkled with ground black pepper if desired. Serves 3 to 4.

HAPPY HONEY MUSTARD CHICKEN

1 3 lb. broiler-fryer
1/2 cup honey
1/3 cup yellow prepared mustard
2 tbsps. fresh lemon juice
1 tsp. salt
1 cup bean sprouts or bamboo shoots, drained
2 tbsps. butter
soba noodles (found in Japanese grocery)

Remove meat from chicken and cut in bite-sized pieces. Place in bowl and stir in honey, mustard, lemon juice, salt and bean sprouts or bamboo shoots. Divide evenly between four 12 inch squares of aluminum foil. Place 1/2 tbsp. butter on each. Securely seal with a drug store wrap. Refrigerate at least 2 hours. Place on baking sheet that has been preheated in 450°F oven. Bake at that same temperature for 6 to 8

minutes. Unwrap one end of package and empty contents onto cooked soba noodles. Terrific with duck sauce! Serves 4.

Note Boneless breast of chicken makes an easy substitute. Duck sauce is available at Oriental food shops. Serve with hot mint tea!

HIMALAYAN CHICKEN CURRY WITH RICE

2 broiler-fryers, quartered
salt, freshly ground black pepper
3 tbsps. ghee or melted butter
1 cup onion, chopped
5 slices bacon, minced or 1/4 cup ham cut in thin julienne strips
3 tbsps. flour
1 tbsp. curry powder
2 cups chicken broth
1/4 cup orange marmalade or mango chutney
2 tbsps. tomato puree
2 tbsps. lemon juice
6 cups hot cooked rice

Pat chicken dry. Season with salt, pepper. Dip in ghee or melted butter. Place in baking dish, skin side up. Bake at 400°F for 30 minutes. Saute onion and bacon or ham until onion is tender. Blend in flour and curry powder. Stir in broth and cook, stirring constantly until thickened. Blend in marmalade or chutney, tomato purée and lemon juice. Spoon sauce over chicken and continue baking 20 minutes longer or until chicken is tender and richly glazed. Serve chicken and sauce over bed of hot fluffy rice. Ginger pear preserves makes a beautiful garnish. Serves 8.

GINGER PEAR PRESERVES

6 fresh Bartlett pears
3 cups sugar
1/4 cup crystalized ginger, chopped
3 tbsps. lemon or lime juice

Pare, quarter and core pears. Cut crosswise into thin slices to make 4 cups. In a saucepan, alternate layers of pear slices, sugar and ginger, drizzle with lemon or lime juice. Cover and let stand 4 hours or overnight. Cook slowly, uncovered, about 1 1/2 hours until pears are transparent and syrup is

thick. Serve warm as accompaniment to poultry or pork curries, or lovely topping for Ceylonese Crumpet. Cool to spread on hot buttered toast. Makes about 1 1 2 pints.

HOP PO GAI DING (Chicken with Walnuts)

3 tbsps. soy sauce
1 tsp. sugar
1 tsp. salt
1 3 lb. broiler-fryer
1/4 cup peanut oil
1 cup California walnuts
1/2 tsp. ground ginger
2 cloves garlic, crushed
1 cup water
1 tbsp. cornstarch
1 can (5 ozs.) sliced bamboo shoots
hot cooked rice

In a large bowl combine soy sauce, sugar and salt. Skin uncooked chicken and cut meat into bite-sized pieces. Add chicken to soy mixture and marinate for 20 minutes. In a large skillet, heat peanut oil. Add walnuts and sauté about 2 minutes. Remove from skillet. To remaining oil in skillet add ginger, garlic, chicken pieces and any remaining soy sauce marinade. Sauté until chicken pieces are well browned on all sides. Combine water and cornstarch and add to chicken. Cover, simmer about 20 minutes. Add undrained can of bamboo shoots and walnuts; simmer additional 10 minutes. Serve over rice. Serves 3 to 4.

HOT AND SPICY CHICKEN SZECHUAN

1 1/2 lbs. boneless chicken breasts, cut into bite-sized pieces
2 Chinese dried mushrooms, soaked and sliced
1 can (10 3/4 ozs.) condensed chicken broth
1/2 cup water
2 tbsps. wine vinegar
2 tsps. finely ground star anise (Chinese grocery)
2 hot peppers, diagonally sliced
1 scallion, thinly sliced
2 tbsps. peanut oil
2 tbsps. cornstarch
hot cooked rice

In bowl combine chicken, ginger, garlic and 3 tbsps soy sauce. Set aside 15 minutes. Meanwhile combine broth, water, vinegar, sugar, 1 tbsp soy sauce and anise; set aside. In skillet, stir fry hot pepper and scallion in oil. Add chicken and mushroom mixture; stir fry 2 minutes more. Add broth mixture. Cook over low heat 10 minutes or until chicken is done, stir now and then. Blend 2 tbsps water into cornstarch until smooth, slowly stir into sauce. Cook, stirring until thickened. Serve with hot cooked rice. Serves 4

Note: Hot and pungent! Would work well with veal or turkey.

INDONESIAN COCONUT CHICKEN WITH YELLOW RICE

For The Chicken

2 tsps. ground coriander
6 crushed macadamia nuts
1/2 clove garlic, crushed
3 tbsps. coconut or corn oil
3 tbsps. onion, chopped
2 tbsps. tamarind or 1 tbsp tart green apple, mashed
salt, to taste
1 tbsp. flour
1 tsp. turmeric
2 1/2 lbs chicken breasts
1 cup chicken broth
small bay leaf
1 cup fresh coconut milk (page 119)
garnishes: ten (dried salted fish), paper thin cucumber slices, parsley, salted roasted peanuts

Cook coriander, nuts, garlic, coconut or corn oil, tamarind or crushed apple, salt, flour and turmeric in skillet, stirring over low heat. Add chicken breasts, cut in halves, chicken broth and bay leaf. Cover, simmer 30 minutes, stirring often. Add coconut milk; simmer gently 2 minutes. Serve at once over bed of hot yellow rice. Arrange garnishes to form design on top and sides of chicken on rice mound, placing cucumber rings and parsley around outer edge of place. Serves 4.

For The Yellow Rice

1 1/2 cups uncooked rice
3 cups coconut milk (page 119)
1 tsp. turmeric
salt, pepper to taste
1 bay leaf

Cook rice in coconut milk with turmeric, salt, pepper and bay leaf until tender (about 15 minutes). Serve with chicken. Water. Tamarind pulp can be bought in Chinese food shops. It's used to give acidic taste to food. Chopped green apples, lemon juice or mild vinegar, diluted, gives same effect. Teri available in Oriental food shops or through mail order houses. Coconut milk is available bottled or canned in many parts of U.S. It sometimes comes frozen known as "Lo-Lo" from Fiji.

LEMON BAKED CHICKEN

1 3 lb. broiler-fryer, cut in serving pieces
3/4 cup flour
1 tsp. salt
1 tsp. paprika
dash of pepper
juice of 1/2 lemon
3 tbsps. honey
2 tbsps. peanut oil (or melted butter)

Wash, pat dry chicken pieces. Fill paper bag with flour, salt, paprika and pepper. Shake chicken pieces in paper bag until well coated. Place chicken in foil-lined baking dish. Mix lemon juice and honey; pour over chicken. Drizzle peanut oil or melted butter over chicken. Bake at 400° F for 20 minutes. Turn and bake about 15 minutes longer. Baste often with pan drippings. Serves 4.

NECTARINE ALMOND CHICKEN

2 to 4 fresh nectarines
1 3 lb. broiler-fryer, cut into serving pieces
1/4 cup butter or margarine
2 cups coarsely sliced celery
1 cup slivered almonds, toasted
1/2 tsp. salt
1/3 cup half-and-half (milk and cream)

Slice nectarines to make 2 cups. Brown chicken slowly in butter. Add nectarines and remaining ingredients; cover and simmer 20 minutes or until chicken is tender. Serves 4 to 6.

PLUM CHICKEN HO-HUM

1 can (1 lb. 14 ozs.) whole purple plums
2 tbsps. soy sauce
1/3 cup scallions, sliced
1 clove garlic, crushed
1 3 lb. broiler fryer, cut in serving pieces
1/4 cup peanut oil
1 tbsp. cornstarch

Drain purple plums, reserving syrup. Chop enough plums to make 1/2 cup. Halve remaining plums, removing pits, to use for sauce. Combine chopped plums, 1 cup of the reserved syrup, soy sauce, scallions and garlic. Pour over chicken. Cover; marinate in refrigerator several hours or overnight. Heat peanut oil in large skillet. Add chicken parts and brown in hot oil. Add marinade to browned chicken. Cover, continue cooking over moderate heat, turning occasionally, about 45 minutes, or until chicken is done. Remove chicken to serving platter. Combine cornstarch with remaining plum syrup. Add to drippings, along with plum halves and cook, stirring constantly, until mixture thickens, about 2 minutes. Pour over chicken and serve. Serves 4.

SHERRIED CHINESE CHICKEN CASSEROLE

2 whole chicken breasts, cut in thin strips
2 tbsps. peanut or salad oil
1 1/2 cups fresh green beans, thinly sliced lengthwise, French-style
1/4 tsp. ground ginger
1 1/2 cups carrots, sliced paper-thin, diagonally
1 1/2 cups sliced fresh mushrooms
1 can (10 3/4 ozs.) condensed chicken broth
2 tbsps. sherry
3 tsps. cornstarch mixed with 2 tbsps. water
salt, freshly ground pepper to taste
1 tbsp. soy sauce
3 cups cooked hot rice
2 tbsp. toasted slivered almonds

Stir-fry chicken strips in hot peanut or salad oil in wok or skillet about 2 minutes. Add beans and ginger; cook 2 minutes stirring constantly. Add carrots; cook 10 minutes;

add mushrooms; barely heat. Add chicken broth, sherry, cornstarch mixture, salt, pepper and soy sauce. Cook and stir until thickened and smooth. Place hot rice in heated serving casserole; spoon chicken-vegetable mixture over all. If desired, garnish with toasted almond slivers. Serves 4.

Variation: Substitute paper-thin strips tender cut steak for chicken and beef broth for chicken broth. Bamboo shoots, slivered water chestnuts or chopped spinach make good change of pace.

TANDOORI CHICKEN

5 chicken breasts, split, boned and skinned
1/2 cup yogurt
6 cloves garlic
1/2 inch piece ginger root, chopped
1/4 cup onions, very finely chopped
2 tsps. chili powder
1 tsp. salt
1 tsp. ground cinnamon
1/2 tsp. ground cumin
1/4 to 1/2 tsp. freshly ground black papper
1/4 tsp. ground cardamom
1/4 cup lemon juice
3 tbsps. melted butter

Pierce chicken all over with a fork. Mix yogurt with garlic, ginger and onion; rub into chicken. Cover, refrigerate 4 to 5 hours, or overnight. One hour before baking, roll up chicken breasts, place side by side in baking pan. Sprinkle with half of the lemon juice. Stir together chili powder, salt, cinnamon, cumin, pepper and cardamom; sprinkle half over chicken. Bake at 350°F for 30 minutes. Pour melted butter over all, then continue baking until tender, about 20 to 25 minutes longer. Pour remaining lemon juice over the chicken and sprinkle with rest of spice mixture. If desired, make a gravy. It has a good lemony flavor. Serve with hot cooked rice, laced with fresh snipped parsley. Serves 8 to 10.

Note Tandoori Chicken is prepared in special Tandoori oven-roasted whole.

FISH

BROILED LOBSTER HOISON

2 live lobsters, each weighing about 1 to 1 1/2 lbs.
2 tbsps. peanut oil
1 cup lean beef, diced
1/2 cup sliced water chestnuts
3 Chinese dried mushrooms, soaked in water 20 mins., drained, sliced
2 tbsps. soy sauce
1/3 cup beef broth
1 4 cup green bell pepper, diced
1/4 cup red bell pepper, diced
3 tbsps Hoisin sauce (Chinese grocery)
melted butter

Wash lobsters, lay lobster on its back, insert sharp knife at point where tails and bodies meet. This severs spinal chord and kills lobsters. Cut lobsters down the middle lengthwise and spread open. Remove, discard sacs near head and dark veins Crack large claws; reserve. Heat oil in wok over high heat Stir-fry beef 2 minutes Add water chestnuts, mushrooms, soy sauce and beef broth. Cover, simmer 8 minutes. Uncover, add green and red pepper and cook until broth is almost evaporated Stir in hoisin sauce. Keep sauce hot while preparing lobster. Brush lobsters generously with melted butter, broil lobsters, shell sides down in 375° F broiler. Turn lobsters, broil about 7 minutes longer or until shells turn red. Serve at once with Hoisin sauce. Serves 2.

Note: Pungent spicy Hoisin sauce good to use as a condiment or flavoring agent, available in Chinese groceries.

BURT BACHARACH'S CURRY OF SHRIMP MADRAS WITH RICE PILAU

For The Shrimp

2 lbs. medium shrimp
1/2 lemon, cut in pieces
1/2 tsp. salt
boiling water

Put shrimp, lemon and salt in enough water to cover in saucepan. Bring to boil, simmer about 1 minute or until shrimp begins to turn pink. Remove from heat, run under cold water, remove shells, devein. Set aside.

For The Sauce

1/4 cup butter
1/2 cup onions, chopped
1 tbsp. curry powder (more if desired)
2 1/2 cups chicken stock
1/3 cup raisins
1/4 cup brown sugar
1/3 cup chopped chutney
1/2 cup apple sauce
3/4 cup heavy cream

Sauté onion in butter until soft; stir in curry powder. Cook over low heat about 3 minutes, stirring. Slowly stir in chicken stock. Cook 30 minutes,stirring often (sauce should reduce in volume by 1/3). Add raisins, brown sugar, chutney and apple sauce. Let simmer few minutes; add heavy cream and shrimp. Heat through. Serve at once over rice pilau with side dishes of chutney, shredded coconut, raisins and onion rings. Serves 6 to 8.

For The Rice Pilau

1/2 cup onions, chopped
1/4 cup butter
3 cups chicken stock
1 tsp. salt
1 bay leaf
1 1/2 cups uncooked rice
freshly ground pepper to taste

Sauté onion in butter until limp. Add chicken stock, salt, bay leaf; heat to boiling. Arrange rice in bottom of greased baking

dish. Pour seasoned chicken stock over rice in casserole. Cover, cook in preheated 350°F oven 25 minutes or until rice is fluffy. Grate lightly with pepper before serving
Note: Curry is on the thin side but rice absorbs sauce when served.

CHINESE FISH CAKES

1 lb. filet of pike, washed, and minced
1/2 lb. cooked shrimp, cleaned, deveined, finely chopped
4 pieces crisp bacon, diced or 2 tbsps. minced Chinese ham
1 tsp. sea salt
1 tbsp. flour
1/2 egg, beaten
1 tbsp. soy sauce
1 cup ground almonds
oil for deep frying (peanut)

Combine all ingredients except oil to form smooth paste Add 1 tbsp. oil to help bind ingredients Mix well, form into patties. Fry in deep oil carefully so cakes do not fall apart. Makes good first course or side dish to meat dish Serves 4

FAR EASTERN FISH FRY

For The Plum-Chutney Sauce

1/2 cup plum preserves
1/4 cup chopped chutney
1 tbsp. vinegar

In small saucepan, combine preserves, chutney and vinegar. Heat, stirring until combined; set aside.

For The Fish

4 fish fillets, fresh or frozen, 1/3 lb. each
1 egg white, slightly beaten
3/4 cup sesame seed
1/3 cup flour
3/4 tsp. salt
3/4 cup shortening

Dip fish in egg white, then in mixture of sesame seeds, flour and salt. Heat shortening in heavy skillet; place fish in single layer in hot fat. Fry at moderate heat 4 or 5 minutes, or until brown. Turn carefully. Fry about 4 minutes longer or until fish is golden brown and flakes easily when tested with a fork. Drain well on absorbent paper. Serve with warm Plum Chutney sauce. Serves 4.

FIVE WILLOW SEA BASS

3 to 4 lb. whole cleaned sea bass, or pike or mullet
1 tbsp. salt
4 tbsps. corn oil
1 scallion, shredded
1 3 jar or can Chinese pickles (available in Chinese grocery, containing pickled ginger, cucumber, turnips), shredded
1/4 cup sugar
1/4 cup vinegar
1 1/2 tbsps. cornstarch
3 tbsps. water
1/3 cup pickle juice
1 tbsp. soy sauce
salt, pepper

Clean, wash eviscerated sea bass leaving head and tail on. Pat dry, rub inside liberally with salt. Rub thin film of corn oil on outside of fish, place fish on deep heatproof serving platter. Place platter on rack in steamer, fill steamer with 2 or 3 cups boiling water (be careful you don't add so much water that it will cover fish as it steams). Cover, steam fish about 20 minutes, or until fish is done Meanwhile prepare sweet-sour sauce: Heat 1 tbsp. of the corn oil in wok or skillet, add scallion, stir-fry 1 minute Add shredded Chinese pickles, sugar, vinegar, cornstarch mixed with water to form smooth paste, pickle juice, soy sauce, salt and pepper Cook, stirring until smooth, taste to correct seasoning. Add a little more water if sauce gets too thick. When fish is ready to serve remove platter from steamer Heat remaining corn oil until it is smoking; pour over fish. Pour hot sweet sauce over hot fish. Serve at once. Serves 4.

Note: This classic Hangchow dish is best made using authentic ingredients.

FLOUNDERING CAKES

1 tbsp. cornstarch
1 tbsp. soy sauce
3 cups cooked, flaked flounder
3/4 cup ground blanched almonds
1/2 cup scallions, minced
1 egg, beaten
2 tbsps. fresh parsley, chopped (or fresh Chinese parsley sold in Chinese groceries)
1/2 tsp. sea salt
peanut oil

Mix cornstarch with soy sauce. Combine flounder, almonds, scallions, egg, parsley, sea salt and cornstarch mixture. Mix until well blended. Form into 10 patties, pan-fry in hot oil until brown on both sides. Good as first course or as entree. Serves 5.

FLOUNDER MACADAMIA

1 cup celery, thinly sliced
3 tbsps. butter or margarine
2 cans (10 3/4 ozs. each) condensed chicken soup, divided
1/3 cup uncooked rice
2 cups cooked shrimp, diced
1/2 cup drained pineapple tidbits
8 thin flounder fillets (about 2 lbs.)
1 4 cup scallions, sliced
6 water chestnuts, slivered
2 tbsps. sherry or saki
1 4 cup macadamia nuts, chopped
2 tbsps. sweet red (or green) pepper, chopped
2 tbsps. cornstarch

Sauté celery in 2 tbsps. of the butter in wok or large skillet until tender. Add 3/4 cup broth and the rice, bring to a boil. Cover, cook over low heat 12 to 14 minutes or until all liquid is absorbed. Add shrimp, pineapple. In well-buttered 5 cup ring mold, arrange fish as follows: alternate wide and narrow ends, overlap fillets and let ends hang over outside of mold. Fill with shrimp mixture; fold fillet ends over top. Place mold on baking sheet. Bake at 350°F for 35 to 40 minutes. To

pour off excess liquid, place cake rack over mold, invert, but do not unmold. Unmold on serving platter. Meanwhile in saucepan, sauté onion and water chestnuts in remaining 1 tbsp. butter. Add 1 can soup, sherry or saki, nuts and pepper. Combine cornstarch with remaining soup (1 2 cup); stir into sauce. Cook, stirring until thickened. Serve spooned over mold. Serves 8.

HAPPY SHRIMP!

2 dozen small shrimp,
washed, but not shelled
1/3 cup peanut oil
2 tsps. sea salt
2 tbsps. imported soy sauce
1 large scallion, chopped

Wash, dry shrimp (they must be fresh). Heat oil in wok or skillet. Add salt to hot fat and wait until oil is sizzling. Plunge shrimp in hot fat. When shrimp begin to turn pink, add soy sauce and scallions. Toss with chopsticks; remove to absorbent paper. Eat at once. The fun is crackling the shrimp and eating using shrimp tail as a handle. Serve for appetizer or main course when dining *a deux*. Serves 6.

LAOS STEAMED SPICED MACKEREL

4 filets of mackerel or shad
1 lb. salmon fish roe
1/2 tsp. salt
1/8 tsp. cayenne
large clove garlic, crushed
3 scallions, minced
aluminum foil

Cut each filet into 1 inch pieces. Stir in roe, salt, cayenne, garlic and scallions. Place 1 4 of mixture on 12-inch square of aluminum foil. Fold foil to make flat sealed packets. Place on heatproof dish on top of tin can placed in pot filled with water half way up side of pot. Be sure water level is well below can holding platter. Steam fish gently about 40 minutes. Serve with steamed rice. Serves 4

LIV ULLMAN'S FISH AND MUSHROOM SOUP

1/2 cup soy sauce or oyster sauce
1/4 cup water
3 tbsps. dry sherry or cooking wine
3 tbsps. white onions, minced
1 tbsp. rice wine vinegar or wine vinegar
2 lbs. fish: 1 lb. abalone (fresh preferably) or canned or use 1 lb. halibut steaks, fresh or frozen
1/2 lb. raw shrimp, fresh or frozen
1/2 lb. crab meat, fresh or frozen
1 lb. fresh mushrooms or 2 cans, 6 to 8 ozs. each, sliced, drained
1/4 lb. butter
1 1/2 cups cabbage, finely shredded
1 can (1 lb.) bean sprouts, drained and rinsed
1 clove garlic, crushed
1/2 tsp. ground ginger
1 can (8 1/2 ozs.) bamboo shoots, drained
1 can (8 ozs.) water chestnuts, drained and sliced

Combine soy sauce, water, sherry or wine, onion and rice wine vinegar or wine vinegar; let stand 10 minutes. Cut abalone or halibut into strips, throw fish strips, shrimp and crabmeat into marinade Cover, refrigerate 2 hours. In large wok or 12 inch skillet, heat butter. Add mushrooms, sauté 3 minutes; add cabbage, sauté 2 minutes. Add fish and marinade: stir-fry 5 minutes. Add bean sprouts, bamboo shoots and water chestnuts, stir-fry 5 minutes longer. If desired serve with rice. Serves 8.

Afterthoughts Liv's soup is as thick as a stew, therefore excellent as a main dish offering If oyster sauce (available in Oriental food shops) is used, dilute slightly with water as oyster sauce has a meatier, saltier taste than soy sauce. Abalone is available fresh on West Coast, but otherwise in very limited supply in cans in other parts of U.S. Geoduck, frozen clams make an interesting substitute for abalone. It is sold along Pacific Northwest down to California coast. Halibut or any other firm white fish makes an excellent substitute. Since fish soup is meaty and richly flavored, serve with either a well chilled red California wine or a good imported Beaujolais.

PRAWNS MACAO

16 large prawns or 2 doz. shrimp
little sesame or peanut oil
salt
freshly ground black pepper
2 tbsp. butter or margarine
2 cloves garlic, crushed
1 red or green sweet pepper, diced
2 large ripe tomatoes, peeled, chopped
1 cup black olives, pitted
hot cooked lemon rice

Rub prawns lightly on both sides with oil. Run under broiler until barely cooked. Remove shells from cooked prawns or shrimp but do not remove tails. Dust lightly all over with salt and pepper. Melt butter or margarine in large skillet or Dutch oven; fry prawns or shrimp quickly on both sides. Remove to heated platter. To same skillet or Dutch oven add garlic, diced pepper and tomatoes. Cook over low heat, stirring few minutes, or until tomatoes become slushy. Add olives, simmer 8 minutes, stirring. Taste to correct seasoning. Add fried prawns or shrimp. Serve with pile of cooked lemon rice on the side. Serves 4.

SHANGHAIED SWEET AND SOUR PIKE

1/3 cup sugar
2 tsps. salt
1 1/2 cups white vinegar
3/4 cup water
1/4 cup peanut oil
1/4 cup lemon or lime juice
4 medium onions, sliced
3/4 cup seedless raisins, or green grapes
1 1/2 lbs. filet of pike
2 egg yolks, beaten
watercress, optional

In a large saucepan or skillet combine sugar, salt, vinegar, water, oil and lemon or lime juice. Bring to a rapid boil; continue to boil 10 minutes. Add onions and raisins or grapes; cook over medium high heat for 10 minutes. Add pike; cover, cook over medium heat for about 15 minutes being careful not to overcook fish. Carefully remove fish, onion and raisins or grapes, and arrange attractively on

serving plate. Strain liquid in pan, slowly add to beaten egg yolks, beating constantly. Cook 1 minute over low heat or until sauce begins to coat spoon. Pour sweet-sour egg sauce over pike and all to form glaze. Cover tightly, chill until ready to serve. Garnish with crisp watercress. Makes a delightful main dish offering for buffet or appetite appeaser for hot summer dining. Great with hot Lemon Mustard Rice. Serves 6.

Note. Sweet Sour Glaze goes very well on steamed whole fresh fish (sea bass, halibut, snapper or pike).

LEMON MUSTARD RICE

3 tbsps. butter
1 1/2 tsps. mustard seed
1 tsp. salt
1/2 tsp. turmeric
3 cups cooked rice
2 tbsps. fresh lemon juice

Melt butter in saucepan. Stir in mustard seed, salt and turmeric; heat until mustard seed begin to pop. Add rice and stir until well mixed and hot. Stir in lemon juice. Serve immediately. Serves 4 to 6.

SHANGHAI SWEET AND SOUR SHRIMP

1 medium onion, quartered
1 cup celery, diagonally sliced
2 tbsps. salad oil
2/3 cup firmly packed brown sugar
2 tbsps. cornstarch
1/2 tsp. salt
1/8 tsp. ground ginger
1/3 cup vinegar
3 tbsps. soy sauce
1 can (6 ozs.) pineapple juice
1 1/4 cups water
2 cups fresh pineapple, cubed
1 lb. cooked, cleaned shrimp (preferably fresh)
1 green pepper, cut into 1 inch pieces
hot cooked rice

Sauté onion and celery in hot oil. Combine sugar, cornstarch, salt and ginger; stir in vinegar and soy sauce. Add vinegar mixture, pineapple juice and water to vegetables. Cook,

stirring constantly, until thickened and clear. Add pineapple, shrimp and green pepper. Cover and continue cooking 5 minutes. Fun to serve in pineapple shell if desired! Pretty for buffet table with bowl of rice alongside! Serves 4 to 6.

SAUCY SHRIMP CANTONESE

lemon or lime juice
3 or 4 avocados, halved and peeled
1 tbsp. butter or margarine
1/2 cup scallions, finely chopped
2 cans (3 1/2 ozs. each) shrimp, drained
3 tbsps. prepared mustard
3 tbsps. lemon juice
2 tbsps. soy sauce
1/4 tsp. tarragon leaves, crumbled
small can water chestnuts, drained and sliced
buttered bread crumbs

Sprinkle few drops lemon or lime juice on avocados to keep them from turning brown. In large skillet, melt butter or margarine, add onion and cook over low heat until limp. Remove from heat. Wash shrimp, drain. Add to onion along with mustard, lemon juice, soy sauce, tarragon and water chestnuts. Place avocado shells on heatproof dish. Heap hot shrimp mixture in each and sprinkle with buttered crumbs Broil 1 minute or until crumbs are lightly browned. Garnish with parsley or watercress. Serves 6 to 8.

Note: Fresh lobster or crabmeat works very well in this maindish favorite! For added zip, sprinkle lobster or crab with few drops of lemon juice combined with soy sauce. Canned, drained Chinese vegetables or bamboo shoots can be substituted for water chestnuts for interesting effects.

SHANGRI-LA SHRIMP CURRY

1/4 cup ghee or butter
2 tbsps. curry powder
1/4 tsp. ground ginger
1 tsp. ground cumin
1 1/2 cups onion, chopped
1 cup celery, chopped
1/4 cup flaked or shredded coconut
2 tbsps. flour mixed with 1/4 cup cold water
3 1/2 lbs. raw shrimp, shelled and deveined
2 cloves garlic, crushed
3 cups water
1 can (16 ozs.) tomato purée
2 large tart apples, peeled and chopped
salt, freshly ground pepper
1 1/2 tbsps. salt
4 to 5 qts. boiling water
12 ozs. medium egg noodles (6 cups)

Heat ghee or butter in large saucepan; stir in curry powder, ginger and cumin. Cook 1 minute over low heat, stirring. Add onion, garlic, cook until onion is soft. Stir in three cups water, bring to boil. Add tomato puree, apples, celery, and coconut; cook few minutes. Stir in flour mixture. Simmer covered for 45 minutes, stirring occasionally. Uncover, add shrimp, simmer until shrimp begin to turn pink. Season to taste with salt, pepper. About ten minutes before curry is done, add 1 1/2 tbsps. salt to rapidly boiling water. Gradually add noodles so that water continues to boil. Cook uncovered, stirring occasionally until tender. Drain in colander. Place noodles in serving dish and top with shrimp curry. Serve with nectarine chutney. 8 servings.

SHRIMP AND GREEN PEAS, HONG KONG

2 lbs. raw shrimp, shelled, deveined
2 tbsps. peanut oil
2 scallions, minced
1 1/2 tsps. ground ginger
1 clove garlic, crushed
1 1/2 cups tiny green peas, fresh or frozen, barely cooked
1 1/2 tsps. cornstarch
1 tsp. sea salt
pinch sugar
1 tsp. soy sauce
3 tbsps. cold water or clam juice

Quickly brown shrimp on all sides in oil in wok. Add scallions, ginger, garlic and peas. Combine cornstarch, salt and sugar. Add soy sauce and water or clam juice. Add to shrimp gradually, stirring constantly until thickened. Serve at once. 6 servings.

SHRIMP-IN-PEARS CURRY

1 lb. fresh large shrimp (or 2 pkgs. 10 ozs. each frozen large shrimp, thawed)
2 or 3 fresh Bartlett pears
3 tbsps. butter or margarine
3 tbsps. flour
1 tsp. sea salt or salt
1/2 tsp. curry powder
1 cup milk
1/2 cup mild Cheddar cheese, grated
2 tbsps. salad oil
1/2 tsp. ground ginger
1/4 cup white wine or chicken broth or water
hot cooked rice
watercress

Shell, devein shrimp, cut lengthwise into halves (to make them seem like more). Pare, halve and core pears; place in salted water to prevent browning. Melt butter in saucepan, blend in flour, 1/2 tsp. salt and curry powder; cook until bubbly. Stir in milk and cook, stirring over medium heat until mixture is thickened and comes to boil. Stir in cheese; set aside. Heat oil in skillet, add 1/2 tsp. salt, ginger and wine, chicken broth or water, shrimp and pears. Cover and simmer about 3 minutes until shrimp are pink. Mound hot rice in center of platter or on individual plates; place pears in ring around or alongside and spoon shrimp into pears. Spoon cheese curry sauce over filled pears and part of the rice. Garnish with crisp watercress. Serves 4 to 6.

SIAMESE GINGER-FRIED FISH

4 butterfish (3/4 lb. each) with heads
1/3 cup vegetable oil
2 gloves garlic, crushed
1/2 tsp. ginger root, minced
good pinch sugar
1 1/2 tbsps. vinegar
2 tbsps. soy sauce
1 tbsp. flour mixed with 2 tbsps. water
freshly ground pepper to taste

Fry fish in hot oil until crisp and brown on both sides. Set aside. Sauté garlic in same skillet and add ginger. Mix sugar with vinegar and soy sauce, add flour mixture, stir to form smooth paste. Add to skillet and cook, stirring until thick and smooth. Pour over fried fish and serve at once. Season with ground pepper. Serve over hot rice. Serves 4.

SINGING FISH STEW

4 cups water or clam juice
1 onion, peeled, sliced
juice of 1 lemon
12 red radishes, cleaned, chopped or daikon, (Japanese radish), slivered
1 cucumber, peeled, sliced
1 red pepper, seeded, quartered
1 lb. whitefish, haddock or cod, cut in 2 inch pieces
3 tomatoes, peeled, chopped
sea salt to taste

Bring water or clam juice to boil; add onion, lemon juice, sliced radishes or daikon, cucumber, pepper and cook until vegetables begin to get tender. Add fish and tomatoes; simmer about 8 minutes, or until fish is just beginning to flake. Season to taste. Serve hot with soy sauce or with vinegar rice. Wonderful way to use freshly caught fish (freshwater or saltwater). Serves 3 to 4.

VINEGAR RICE

1 1/2 cups raw rice
3 cups water
3 inch piece dried kelp (found in Japanese grocery), optional
1/2 tsp. sea salt
1/4 tsp. monosodium glutamate
2 tbsps. sugar
2 tbsps. rice wine or white vinegar

Cook rice in boiling water flavored with kelp (remove seaweed after 5 minutes and discard) until rice is tender (12 to 14 minutes). Add sea salt, monosodium glutamate, sugar and vinegar; toss lightly with chopsticks. Traditionally served cold, but best served hot with singing fish stew. Serves 4.
Note: Vinegar rice is a great favorite in Japan served with

sushi, an epicurean's delight of dinner meaning "dinner in front of one person." Platter includes thinly sliced white fish (flounder, sea bass); abalone, cooked eggs, water chestnuts, mushrooms, or vegetables arranged in attractive design on bed of greens.

STEAMED SEA BASS

2 lb. fresh sea bass or porgy, trout or butterfish with head, tail
2 scallions, cut in 2 inch pieces
1/2 tsp. ginger root, shredded
1/2 tsp. fermented black beans or 1/2 tsp. sea salt
1 tbsp. soy sauce
1 tbsp. sherry or sake
1 tbsp. peanut or corn oil
about 2 qts. boiling water

Place whole fish on lightly greased heatproof dish. Combine scallions, ginger, black beans or sea salt, soy sauce, sherry and oil; pour over fish. Place dish on rack in steamer containing boiling water. Be certain water is even with the rack and not higher so water will not get into fish as it boils. Cover tightly, steam about 15 minutes over high heat. Serve at once, bringing whole fish to the table. Serve alone or topped with hot sweet-sour sauce and lemon vegetarian rice. Serves 3 to 4. *Note*: Fermented black beans are available at Chinese food shops.

EGGS

EGG FOO YUNG PANCAKES WITH SOYED SAUCE

6 eggs, beaten
1 tbsp. instant minced onions
2 tbsps. peanut oil
1 can (4 1/2 ozs.) shrimp
2 cups drained bean sprouts
1 can (3 ozs.) chopped mushrooms, drained
2 tbsps. water chestnuts, chopped
1/4 tsp. salt

Combine eggs and instant minced onions in medium-sized bowl. Let stand 10 minutes. Heat oil in large skillet or electric fry pan set at 300°F. Drain shrimp; rinse if label directs. Stir shrimp, bean sprouts, mushrooms, water chestnuts and salt into egg mixture. For each pancake, pour about 1/4 cup of egg mixture into skillet. Fry until golden brown on both sides. Serve with hot sauce. 4 servings.

For The Sauce:

In a small saucepan, dissolve 1 chicken bouillon cube in 1 cup boiling water. Mix 1 tbsp. cornstarch with 1 tbsp. soy sauce, 1 tbsp. sherry and 1 tsp. sugar. Stir into bouillon. Cook over medium-high heat, stirring constantly, until mixture comes to a boil. Continue to cook until clear and thickened. Keep hot until serving time.

HAW JING TAU THA (Egg Shrimp Scramble)

1/2 cup cooked shrimp, diced
1/4 cup scallions, chopped
1 tbsp. peanut oil
4 eggs
1 tbsp. sherry
1/2 tsp. salt or sea salt

Cook shrimp and scallions in oil in moderately hot skillet until lightly browned. Mix eggs, sherry and salt, pour over shrimp and scallions. Cook over medium heat, stirring occasionally to scramble. Cook until eggs are set, but still moist. Serves 2.

SHRIMP EGG FOO YUNG

4 large eggs, beaten
1 cup cooked shrimp, diced
1/2 cup onions, minced
2 scallions, minced
1 cup canned bean sprouts, chopped
Szechuan pepper to taste
sea salt to taste
1 1/2 tbsps. peanut oil

Mix all ingredients together, except the oil. Heat oil in skillet. Spoon about 1/4 or 1/6 of egg mixture into skillet. Brown on both sides. Repeat with remaining egg mixture. Serves 4 to 6

SIAMESE STUFFED OMELET

1 large clove garlic, crushed
2 tbsps. vegetable oil
1/2 lb. lean ground pork
20 roasted peanuts, ground
1/2 cup onions, minced
2 tsps. sugar
3/4 tsp. salt
freshly ground black pepper to taste
6 eggs, well beaten

Sauté garlic in 1 tbsp. of the vegetable oil. Add pork and peanuts; fry until pork begins to turn light. Add onions, sugar, salt and pepper. Stir to blend, set aside in warm place. Divide beaten eggs in half, frying one portion at a time in heated remaining oil. Repeat, making second pancake. Divide

filling between the pancakes, placing filling on one half of each pancake. Fold over once to cover filling, arrange on heated platter. A good luncheon dish or great for dinner served with Ginger-Fried Fish (page 71). Serves 4

THREADS OF GOLD (Tiny Omelets)

1/2 lb. ground pork
2 tbsps. sherry
1 tbsp. soy sauce
4 eggs
1/4 tsp. salt
1/2 cup water
2 tbsps. soy sauce
1 tbsp. sugar

Mix together pork, sherry and 1 tbsp. soy sauce. Form into balls 1 inch in diameter. Beat eggs and salt together. Drop egg mixture by spoonsful onto lightly oiled skillet. Immediately place a ball of seasoned pork on one half of tiny omelette; fold other half over pork before egg is completely cooked. When egg mixture is cooked, remove omelette from skillet and continue process until all the mixture is used. Return all the omelettes to the skillet. Combine water, 2 tbsps. soy sauce and sugar; pour over omelets, simmer about 20 to 25 minutes. Good as main dish to go with rice or fried noodles. Makes 16 to 18.

DUCK

CANTONESE CHUNKED DUCKLING

1 5 lb. duckling cut into pieces
1/4 cup scallions, sliced
1/8 tsp. pepper
3 tbsps. soy sauce
1/4 cup cornstarch mixed with 3 tbsps. water
1 cup (6 ozs.) sliced mushrooms, drained
3 eggs, beaten
1 cup unsifted flour
1/2 cup water
1/2 tsp. salt
peanut oil
4 cups lettuce, shredded
1/4 cup toasted blanched almonds, chopped

Place duckling pieces in large saucepan; cover with cold water. Bring to a boil; reduce heat and simmer about 50 minutes or until tender. Drain; place 2 cups fat-free strained broth in a small saucepan with scallions, pepper and soy sauce. Bring to a boil, reduce heat and simmer 3 minutes. Stir in cornstarch mixture and mushrooms, heat until clear; set aside. Beat eggs, flour, water and salt. Remove meat from bones, discard skin. Cut meat into bite-sized pieces; dip into batter. Drop pieces, a few at a time, into deep hot (375° F) peanut oil. Fry until crisp and lightly browned. Drain. Make a border of lettuce around the edge of platter. Place meat in center. Pour on hot mushroom sauce. Sprinkle with almonds. Serves 6.

FIVE-SPICE ROAST DUCK

1 5 lb. duckling
1 1/2 tsps. five-spice powder (found in Chinese grocery)
salt, freshly ground pepper
1/3 cup soy sauce
1 cup rice or wine vinegar
1 cup sugar
4 tsps. cornstarch, mixed with 1/4 cup water
candied kumquats, or canned lichee nuts in syrup to garnish

Rub duck inside and out with five-spice powder, salt and pepper. Truss bird, tying wings and legs to body; place on rack in shallow roasting pan. Roast at 375°F for 2 1/2 to 3 hours or until meat feels soft when pressed with finger on leg, and skin is crisp. Combine soy sauce, vinegar and sugar in saucepan, heat until sugar dissolves. Slowly stir in cornstarch paste. Cook over low heat, stirring until thickened. Bone roasted duck. Arrange meat on deep serving platter, top with hot sauce. Garnish with kumquats or lichee nuts. Serves 4

SWEET AND SOUR ROAST DUCKLING

1 4-5 lb. duckling
1/2 tsp. salt
2 tbsps. instant minced onion
1 tsp. celery flakes
1 1/2 tsps. sugar
1/4 tsp. ground cinnamon
1/8 tsp. anise seed
1 cup water
5 tbsps. soy sauce
1 cup water
2 tbsps. honey
2 tbsps. cider vinegar
1 tbsp. soy sauce
1 tbsp. salt
1 tsp. cornstarch mixed with 2 tsps. water

Wash and remove excess fat from body and neck cavities of duck. Rub inside with 1/2 tsp. salt. Combine minced onion, celery flakes, sugar, cinnamon, anise seed, 1 cup water, and 5 tbsps. soy sauce. Bring to boil. Tie neck of duck tightly with string so sauce will not seep out. Brush outside of duck with sauce, pour remaining sauce inside. Sew vent tightly to keep sauce in. Place duck, breast side up, in roasting pan.

Roast at 325°F for 20 minutes. Heat 1 cup water with honey, vinegar, 1 tbsp. soy sauce and 1 tbsp. salt; brush onto duck. Continue roasting 1 1/2 hours, or until done, basting at 20-minute intervals with the honey sauce. Remove duck from oven; drain sauce from cavity into saucepan. Stir in cornstarch mixture and cook and stir over medium heat until slightly thickened. Pour sauce over each serving of duck. Serves 4.

LAMB

BUTTERFLY LAMB BROIL

1 5-6 lb leg of lamb, boned, cut butterfly fashion by butcher
1 large clove garlic, split
1 1/2 tsps. salt
1 tsp. curry powder
1/2 tsp. ginger
1/4 tsp. freshly ground black pepper
2 tbsps. chutney
1/3 cup fresh lemon juice
2/3 cup salad oil

Place lamb flat butterfly style; rub all over with garlic. Mix salt, curry powder, ginger and pepper and rub into lamb on both sides. Place lamb in non-metallic dish. Chop solid parts of chutney; crush garlic that was used to rub over lamb. Combine chutney, garlic, lemon juice and salad oil. Pour over lamb. Marinate overnight, turning once or twice. Place lamb skin-side up in shallow roasting pan; reserve marinade. Brown lamb lightly under broiler about 10 minutes. Baste with marinade; turn and broil about 5 minutes longer. Turn oven temperature to 425° F. Cook lamb in oven about 25 minutes, basting frequently with marinade until meat is browned and

rich-looking outside and very slightly pink inside. Place on serving board; cut across grain into 1/2 inch thick slices. Lovely to garnish with Minted Nectarines. Serves 6 to 8

Note Butterfly lamb can be charcoal grilled: place marinated lamb skin-side up over medium hot coals about 8 to 10 inches from heat. Broil and baste with marinade 45 minutes to 1 hour, turning to brown other side after 30 minutes; do not overcook.

MINTED NECTARINES

2 tbsps. fresh mint, finely chopped or 1 1/2 tsps. dried mint flakes
2 tbsps. lemon juice
1/3 cup sugar
4 to 6 fresh nectarines
2 tbsps. melted butter

Combine mint, lemon juice and sugar. Let stand in warm place while lamb cooks. Cut nectarines into quarters, place cut-sides up in shallow pan. Drizzle with butter, then mint mixture. Broil several inches from heat, 8 to 10 minutes, basting frequently until glazed. Serve warm. 6 to 8 servings.

COCONUT CURRIED LAMB (Dinner in a Nutshell)

1 medium onion, minced
1 clove garlic, crushed
1 tsp. curry powder
1/4 tsp. crumbled saffron threads
1/2 tsp. paprika
1/4 tsp. ground cloves
1/4 tsp. ground ginger
1/2 tsp. ground cinnamon
1 1/2 tsps. salt
1 bay leaf
2 tsps. white vinegar
about 2 lbs. boneless leg of lamb, cut into thin strips
about 1/2 cup coconut milk (page 119)
2 tbsps. flour mixed with 2 tbsps. cold water

In large skillet, combine all ingredients except coconut milk. Let stand 30 minutes, turning once or twice. Stir in coconut milk; cover and simmer gently 1 hour or until tender. Serve

garnished with toasted coconut. If desired, thicken gravy by stirring in flour mixture. In some parts of the Orient, curry is served as, "dinner in a nut shell!" To prepare: remove top of coconut and most of the coconut flesh and fill with curried mixture of fish and cook in steamer or oven about 1 hour. American cooks who own wood or electric saws can saw 3 large coconut shells in half, scoop out the coconut meat and prepare coconut milk as directed. Line coconut shells with aluminum foil, fill with curried lamb mixture and heat in moderate 350°F oven until bubbly and lamb is tneder. For future use, reserve shells! Serves 6.

PETER FINCH'S CURRIED LAMB, SUMATRA

For The Garam Masala *(Spice Curry Blend)*

1/2 cup coriander seed
1/2 cup ground turmeric
1/3 cup black peppercorn
2 tbsps. shelled cardamom seed (1 oz. in shell)
1 1/2 tbsps. ground ginger
1 tbsp. whole cloves
1 tbsp. fenugreek seed or anise
1 tbsp. ground cinnamon
1 tbsp. mace
1/2 tbsp. cayenne
2 tbsps. cumin seed

Place all ingredients in electric blender; whirl until blended. Place in airtight jar for future use. This is a hot curry powder. Blend can be made milder by the addition of 1 portion prepared curry powder and 3 portions Garam Masala.

For the Lamb Curry

3 tbsps. olive oil
2 lbs. boneless lamb, cubed (leg or shoulder)
3 1/2 cups water
3 onions, chopped
2 cloves, garlic, crushed
1 1/2 tbsps. Garam Masala (more if desired)
3 large tomatoes, chopped
2 green apples, chopped
1 cup celery, minced
1 tsp. ginger root, minced
1 tbsp. sugar
2 tsps. salt
1/4 tsp. freshly ground pepper
6 tbsps. flour

Heat oil in large skillet. Brown lamb in hot oil on all sides. Remove lamb from skillet and place in large saucepan. Add water to lamb, simmer 1 hour or until meat is tender. Meanwhile, drain skillet leaving only about 3 tbsps. drippings in pan. Reheat skillet, add onions, garlic and Garam Masala. Cook over low heat, stirring, cooking until vegetables begin to soften. Add tomatoes, apples, celery, ginger, sugar, salt and pepper, cook 10 minutes over low heat, stirring. Remove lamb from stock and add to vegetable mixture. Strain stock, add all the stock except 1/2 cup. In small dish, slowly stir 1/2 cup reserved stock into flour until smooth. Gradually add flour-stock mixture into lamb curry. Cook 5 to 7 minutes longer, or until thick and smooth. Taste to correct seasonings. Serves 8 to 10. Serve over hot cooked rice with any of Peter's 28 side dishes*:

Fresh chopped pineapple mixed with fresh chopped chives.

Fresh chopped pineapple mixed with fresh grated coconut.

Pan-sautéd shredded cabbage dusted ground toasted peanuts or flavored with peanut butter, salt and hint of white pepper.

Butter-fried banana chunks or miniature banana fritters.

Mandarin orange sections, grated fresh coconut, preserved ginger.

Grated tart green apple, fresh lime juice, grated onion, salt.

Candied kumquats or preserved ginger pears.

Papaya chutney (raw): chopped fresh papaya, shredded coconuts, hint of garlic, Tabasco and salt.

Nuts: peanuts, cashews, macadamias, walnuts, pine nuts, pistachio or almond slivers, butter-fried or oven-toasted.

Bacon crumbles, cooked very slowly until crisp and dry, well-drained, broken in uneven pieces.

Candied preserved ginger.

Onions: chopped scallions (white or green parts separate or mixed), minced white sweet onion, chopped red onion, or crisp French-fried onion rings.

Toasted poppy, sesame or pumpkin seeds.

Raisins plumped in brandy or fried in butter until puffed.

Coconut, fresh grated or dried.

Sieved hard-cooked egg.

Egg sambals: chopped hard-cooked eggs, scallion, green chilies (canned or fresh available in Indian foodshops or use dash of Tabasco), salt and lemon juice.

Eggplant: peeled, thinly sliced, gently fried in butter until soft, flavored with hint of curry, salt and pepper.

Picalilli or Indian sweet pickle relish.

Crisp watercress or chopped fresh mint (alone or mixed with minced parsley).

Bombay duck (or sooktie, a dried salted boned fish fillet from India), heated under broiler, then reduced to powder in mortar with pestle.

Cucumber Bhurta: chopped seeded cucumber, pressed to remove excess fluid, mixed with yogurt, chopped fresh mint, garlic and Tabasco.

Chutney: Bottles of homemade in range of flavor combinations: mango, peach, apricot, green pepper, tomato, mixed fruit (apples, peaches and pears), lemon or lime.

"Dry" chutney: pumpkin rind cut in small pieces, green chilli peppers (dry or canned), fried in vegetable oil with sesame seeds and salt.

Shredded coconut, grated orange or lime rind, ground mace.

Pappadums, crisp, highly seasoned Indian wafers served in lieu of bread, deep-fried or pan-fried in butter.

Avacados, sliced, sprinkled with lemon or lime juice, and salt.

Hot mustard nectarines.

* Feel free to meander through the *Pot pourri* or any other section you desire.

LAMB KORMA WITH ALMONDS

5 tbsps. butter or margarine
4 cups onions, sliced
3 tsps. curry powder
1 1/2 tsps. salt
1 tsp. turmeric
2 tsps. ginger root, grated or 1 tsp. ground ginger
2 lbs. cubed lean lamb (from leg)
3 cups water
1/2 cup heavy cream
1 cup whole blanched almonds
2 tbsps. flour mixed with 2 tbsps. water
1 cup plain yogurt
hot cooked rice

Melt 3 tbsps. butter in large skillet; add onions and saute over medium-high heat for 10 minutes, stirring often. Mix in curry powder, salt, turmeric and ginger; add lamb and turn to coat well. Add remaining 2 tbsps. butter and cook lamb about 10 minutes or until browned. Add 3 cups water and the cream, cover and bring to boil; reduce heat and simmer for 45 minutes. Meanwhile, roast almonds in oiled saucepan or skillet over medium heat until golden. Stir flour mixture into lamb mixture and cook, stirring, until thickened. Add almonds. Stir in yogart, heat for 2 minutes and serve promptly over hot rice. If you prefer, simply spoon yogurt over lamb mixture instead of mixing it in. Serves 6.

QUICK LAMB CURRY, TIBETAN

2 tbsps. instant minced onion
2 tbsps. water
2 tbsps. salad oil
2 lbs. lean lamb, cut into 1 inch cubes
1 tbsp. curry powder (more if desired)
1 1/2 cups water
1 apple, peeled, cored, diced
1 can (16 ozs.) tomatoes, chopped drained
1 tsp. salt
1/4 tsp. garlic powder
1/8 tsp. freshly ground black pepper
1 bay leaf
3 tbsps. flour mixed with 6 tbsps. water

Soak onion in 2 tbsps. of water for 10 minutes. In a Dutch oven or a large heavy saucepan heat oil. Add lamb and brown on all sides. Add onion and curry powder, sauté 2 minutes. Add 1 1/2 cups water, apple, tomatoes, salt, garlic powder, pepper and bay leaf; stir well. Bring to boil. Reduce heat; cover and simmer 1 to 1 1/2 hours or until lamb is fork-tender. Add flour mixture to lamb and cook until thickened. If desired, serve with rice pulao and bowls of chopped fresh or canned pineapple, grated coconut and ground peanuts. Serves 4 to 6.

PORK

BRAISED GINGER PORK

2 lbs. lean 1 inch pork cubes
flour
3 tbsps. peanut oil
1/3 cup chicken broth
1/3 cup soy sauce
2 tbsps. sherry
1/4 cup scallions, chopped
1 small clove garlic, crushed
1 tbsp. sugar
1 tsp. ground ginger
dash freshly ground black pepper
hot cooked rice

Dredge meat in flour. Heat oil in Dutch oven or large skillet. Add half of meat and brown quickly; remove meat and set aside. Brown remaining meat; remove and set aside. Pour off excess oil. Return meat to pan with chicken broth, soy sauce and sherry, add scallions, garlic, sugar, ginger and pepper. Simmer, covered, for 15 minutes or until meat is tender. Serve over rice. Serves 6.

CANTONESE PORK CHOPS

6 loin pork chops, 1 inch thick
2 tbsps. corn oil
1 can (30 ozs.) apricot halves
1/2 cup water
2 to 3 tbsps. soy or oyster sauce
1 large clove garlic, crushed
1/2 tsp. ground ginger
1 can (8 ozs.) water chestnuts, drained and sliced
5 scallions, sliced
2 cups celery, diagonally sliced
salt, freshly ground pepper

Brown chops on both sides in hot oil in large skillet. Pour off excess fat. Drain syrup from apricots into skillet and add water, soy sauce, garlic and ginger. Cover, simmer 35 minutes. If necessary add more water during cooking period. Add water chestnuts, scallions and celery, cook about 5 minutes more or until celery is tender. Add apricots and cook just until heated through. Season sauce to taste with salt, pepper. Serve with ginger-peanut rice. Serves 6.

CHAO FAN-HOUSE OF LEW
(Fried Rice and Ham)

1/4 cup peanut oil
1 tsp. salt
6 cups cooked rice
4 eggs, slightly beaten
1/2 cup scallion, chopped
1/2 cup cooked ham or pork, chopped

Heat oil and salt in large skillet or wok over medium heat. Add rice and cook, stirring occasionally, until heated through and lightly browned. Mix eggs, scallion and ham. Stir rapidly into rice and continue cooking and stirring until eggs are thoroughly cooked. Serves 6.

Note: An interesting version of "fried rice" made sans soy sauce.

CHA TOM
(Indo-China Pork-Seafood Omelet)

1 ½ lb. lean raw boneless pork
3 tbsps. peanut oil
1/2 cup scallions, chopped
1/8 tsp. cayenne
1/3 cup chicken stock
1 cup chopped cooked shrimp
1 cup fresh mushrooms, sliced
1 tsp. dried basil (less if desired)
2 tsps. fresh mint, chopped
1/4 tsp. ground sage
1/4 tsp. freshly ground pepper
salt to taste
2 dozen oysters, shucked
8 eggs, beaten

Fry pork in 1 tbsp. oil with scallions and cayenne until meat begins to turn light. Add chicken stock, cover, simmer gently 20 minutes. Put meat to one side of pan. Add shrimp,

mushrooms, basil, mint, sage, pepper and salt; cook gently 5 minutes Add oysters and cook 3 minutes longer, stirring. Cool. Heat remaining oil in another skillet. Mix eggs with pork seafood mixture; divide into 4 portions. Pour one portion of batter into hot oil in skillet to make large pancake. Turn to cook on reverse side. Repeat making 4 large pancakes in all. A good accompaniment to plain steamed rice and soy sauce. Serves 8.

ORIENTAL BANANAS AND PORK

6 pork steaks or chops
salt, freshly ground pepper
1 chicken bouillon cube
1 1/2 cups boiling water
3 tbsps. cornstarch
2 tbsps. soy sauce
1 can (15 ozs.) peach slices
2 bananas, peeled, cut into chunks

Brown chops in large skillet; sprinkle with salt and pepper. Dissolve bouillon cube in boiling water. Pour over chops. Cover, simmer 25 to 30 minutes. Blend cornstarch with soy sauce and syrup from peaches. Add to chops; stir until thickened. Stir in peaches and bananas; bring to a boil. Serve over hot cooked parslied rice. Serves 6.

PEKING PANCAKES, HOUSE OF LIN

2 cups flour
about 3/4 cup boiling water
2 tsps. sesame or peanut oil

Put flour in mixing bowl; gradually add boiling water, quickly beating with a wooden spoon. Let stand 1 minute. Turn out on lightly floured board; knead gently until soft dough is formed. Cover, let dough sit 2 to 3 minutes. Roll out half dough evenly to 1/5 inch thickness Using cookie cutter, cut out pancakes 2 inches in diameter, save scraps of remaining dough. Lightly brush tops evenly with oil; cover. Repeat procedure, using remaining dough, brushing tops of pancakes with oil. Put two pieces of dough together, oiled

sides facing inward. Roll out on lightly floured board to make pieces about 5 to 6 inches in diameter. Heat ungreased griddle over low heat. Cook dough until pancakes bubble slightly, turn over and cook second side. While still warm, pull each pancake apart to form 2. Stack them and keep covered with damp cloth until ready to steam. Steam about 15 minutes or until soft and pliable. Use to stuff with Moo-Shu Pork. Makes about 2 dozen.

Note: Pancakes can be made the day before and reheated in top of double boiler. The first steaming should be done either in a Chinese steamer or in an improvised steamer by placing a large empty wide-mouthed tin can in a kettle. Fill kettle with boiling water to the halfway mark on the can. Put pancakes on a rack. Place rack on the can so pancakes do not touch the water. Pancakes can also be frozen for future use.

MOO-SHU PORK, HOUSE OF LIN
(Pork Shreds With Eggs)

50 tiger lily buds (about 2/3 cup)
1/2 cup dried cloud ears (about 1 cup after soaking)
2 cups hot water
1/2 cup scallions
1/2 lb. boneless pork loin or shoulder, finely shredded
1 tbsp. soy sauce
1 tbsp. sherry or rice wine
1 tbsp. cornstarch
pinch sugar
4 tbsps. peanut oil
4 large eggs
1 tsp. salt
2 tsps. sesame oil

Soak tiger lily buds in cloud ears separately in 1 cup each hot water for 30 minutes. Drain, dry; remove any tough ends from lily buds. Rinse cloud ears carefully under running water to remove sand, dry on paper towels. Shred scallions; set aside. Put pork shreds in small bowl. Combine soy sauce, sherry or rice wine, cornstarch and sugar, blend, pour over pork. Heat half the peanut oil in wok; add eggs and a pinch of salt; scramble until eggs are firm, but not too dry. Scramble them using a spoon or chopsticks so they will not form an omelete. Remove eggs from wok, set aside. Heat remaining oil in wok. Add pork, stir-fry until pork turns

light. Add tiger lily buds, cloud ears, and salt. Stir-fry over high heat 2 minutes. Add scrambled eggs and scallion. Stir, cook 1 minute longer. Add sesame oil, tossing all ingredients together. Place hot filling in center of each warm Peking Pancake. Roll up. Traditionally, dish is prepared at the table, preparing one pancake at a time. Makes enough for 2 dozen Peking Pancakes.

Note: Tiger lily buds and cloud ears are available at Chinese grocery. This dish must be made in the authentic way.

PORK WITH GINGERED PEARS

4 lb. pork loin roast
salt
freshly ground pepper
3 fresh California Bartlett pears
18 whole cloves
1 cup water
1 cup sugar
1 stick cinnamon (3 inches)
1/2 lemon, sliced
1 tbsp. crystallized ginger, chopped

Sprinkle meat with salt and pepper. Roast at 350°F for 2 1/2 hours (or 35 minutes per lb). Meanwhile, halve and pare pears. With a melon ball cutter, remove seeds. Stick 3 cloves in each pear half. In a saucepan, combine water, sugar, cinnamon, lemon and ginger; bring to a boil. Add pear halves and cook until fork-tender (about 5 minutes). Remove from heat; cool in syrup. When pork is done, remove to platter and surround with drained pears. Serves 6.

PORK TERIYAKI

2 or 3 medium fresh nectarines
1 1/2 lbs. boneless pork loin
2 tbsps. salad oil
1 tsp. sea salt
1/2 tsp. thyme
1/4 tsp. pepper
1/4 cup soy sauce
2 tbsps. vinegar
1 tbsp. sugar
1 cup onions, sliced
1/2 cup green pepper strips
1/2 cup celery, sliced
1/4 cup toasted sesame seeds

Cut nectarines into cubes to get a measure of 2 cups. Trim pork and cut into 1 x 1 4 inch strips. (You'll have only about 1 generous lb. of pork after trimming.) Brown pork a little at a time in hot oil in wok or large skillet. Return all pork to wok or skillet, add salt, thyme, pepper, soy sauce, vinegar and sugar; cook, gently bubbling for 2 minutes. Add onions, green pepper and celery, and cook, stirring for 2 or 3 minutes until tender-crisp. Add nectarines and sesame seed and just heat through. Serve at once. 4 to 5 servings.

ROAST PORK ORIENTAL

1 tbsp. corn oil
2 cloves garlic
1 can (29 1/2 ozs.) pineapple chunks
1 cup undrained sweet mixed pickles
1 jar (16 ozs.) red maraschino cherries
5 tsps. cornstarch mixed with 2 tbsps. cold water
1 tbsp. soy sauce
2 tsps. salt
4 to 5 lb. pork loin roast

Heat oil in saucepan; add garlic, saute few minutes. Remove garlic. Drain pineapple, pickles and cherries, reserving liquids (to make about 2 cups combined liquid). Set aside. Blend cornstarch mixture with combined liquids, soy sauce and salt. Add to oil in saucepan, cook and stir until thickened. Set aside. Place roast on rack in shallow roasting pan. Roast at 325°F allowing 35 to 45 minutes per lb. or until meat thermometer registers 170°F. Baste with some of the glaze during last 1 1/2 hours of roasting. Add fruits to remaining glaze and heat. Pour over and around roast on serving platter. Serves 6 to 8.

SOYED HAM GRILL

1 can (14 1/4 ozs.) sliced pineapple
2 tbsps. soy sauce
1 clove garlic, sliced
1 tsp. onion, grated
1/4 tsp. ground cloves
4 ham slices, 3 4 inch thick

Drain pineapple, reserving syrup. Combine reserved syrup, soy sauce, garlic, onion and cloves. Pour over meat; marinate

45 minutes. Broil meat 6 inches from heat, basting occasionally with marinade. Turn; top with pineapple and baste with remaining marinade. Continue broiling until pineapple begins to brown. Serves 4.

SPARERIBS ORIENTALE

4 lbs. spareribs, cut into 2-rib sections
2 to 4 fresh nectarines
2 tbsps. cornstarch
1/2 cup water
1 tsp. salt
1 2 cup brown sugar, packed
1/2 cup lemon juice
1/4 cup vinegar
1 tbsp. soy sauce
1/2 cup green pepper, sliced
1 cup onions, thinly-sliced

Place spareribs in 13 x 9 inch baking dish; bake at 350° F for 1 1 2 hrs. Drain off fat. Meanwhile, slice nectarines to yield 2 cups. Blend cornstarch with water in saucepan; add all remaining ingredients except nectarines and cook, stirring until sauce is thickened and clear. Add nectarines and pour sauce over spareribs. Bake 30 minutes longer or until ribs are done. Serves 4 to 6.

STIR-FRIED PORK, SHRIMP AND SNOW PEAS

1/2 clove garlic, cut
3 tbsps. peanut oil
1/2 cup pork loin cut in shreds
1/4 cup shrimp, chopped
soy sauce to taste
freshly ground black pepper to taste
3 cups washed, trimmed snow peas

Brown garlic in hot peanut oil over high heat; add pork and stir fry about 10 minutes. Add shrimp, soy sauce, and pepper to taste; blend well. Add snow peas. Stir-fry over high heat until barely tender, about 2 or 3 minutes. Serve at once. 4 servings.

SWEET AND PUNGENT SPARERIBS

1/4 cup peanut oil
2 lbs. spareribs, cut in 1-rib sections
1/4 cup onions, chopped
1/4 cup green pepper, chopped
1 cup pineapple juice
3/4 cup cider vinegar
3/4 cup water
2 tbsps. catsup
1 tbsp. soy sauce
1/2 tsp. Worcestershire sauce
1 medium clove garlic, crushed
1/2 cup firmly packed brown sugar
2 tbsps. cornstarch

Heat oil in skillet. Add spareribs and brown well. Remove spareribs and set aside. Pour off all but 2 tbsps drippings. Add onion and green pepper. Cook until tender. Add pineapple juice, vinegar, water, catsup, soy sauce, Worcestershire sauce and garlic. Stir in brown sugar blended with cornstarch. Bring to boil, stirring constantly. Reduce heat, add meat. Cook, uncovered, over low heat 1 hour or until tender. Stir occasionally. Serves 4 to 6.

TIM SUEN YOKE (Sweet and Sour Pork)

1 lb. lean pork
2 eggs
1/2 tsp. salt
1/2 cup flour
corn or peanut oil for frying
1 cup pineapple chunks, drained
6 small sweet pickles, sliced
1 green pepper, cut in squares
3 small carrots, sliced
1/2 cup water

Cut pork into 1 inch cubes. Beat eggs slightly and mix with flour and salt to make a batter. Dip pork into batter and fry in deep hot oil for 10 minutes. Remove and drain on paper towels. Place in a dry skillet with pineapple, pickles, pepper, and carrots. Add water, cover and cook for 10 minutes. Serves 4.

For the Sauce

3 tbsps. vinegar
2 tsps. sugar
1 tbsp. cornstarch
1 tbsp. molasses
1 cup water
1 tbsp. Angostura bitters

Blend all ingredients; add to meat mixture, stirring gently but thoroughly. Heat 5 minutes. Serve immediately

MIXED DISHES

INDONESIAN FRIED RICE (Nasi Goreng)

6 eggs
6 tbsps. coconut or peanut oil
3 tbsps. water
1 cup onions, chopped
1 clove garlic, crushed
1/2 cup beef, finely cut up
1/2 cup fresh or canned shrimp, diced
2 tbsps. soy sauce
1/2 tsp. crushed red pepper
4 cups cooked rice
1 medium cucumber, sliced and salted
1/2 cup chopped cashew nuts

Beat 2 eggs. Heat an 8 inch omelet pan, add a few drops of oil and make 4 thin omelets separately. Set aside for garnish. Beat remaining 4 eggs with water. Add a little more oil to pan, then pour in eggs. Cook until no more moisture remains, turning once. Remove from pan and cut in 1/2 inch squares. In a skillet, sauté onions and garlic in remaining oil. Add beef and shrimp; stir until cooked. Add soy sauce, pepper, rice and squares of omelette. Cover, heat thoroughly, about 3 minutes. To serve, spoon rice mixture onto plate,

arrange cucumber slices around it and sprinkle with nuts. Cut the thin omelettes into strips and place on top as a garnish. Serves 6.

Note: There are infinite varieties of fried rice. Nasi Goreng is often consumed as a breakfast! Chinese in origin, it closely resembles Chinese fried rice served as side dish to fish or pork entrees.

ROYAL CAMBODIAN FRIED RICE

2 cloves garlic, crushed
15 scallions, chopped
1/3 cup peanut oil
2/3 cup uncooked boneless chicken, diced
1/2 lb. lean ground uncooked pork
5 large raw shrimp, shelled, deveined, cut in pieces
3 cups cooked rice
pinch of fennel seed
2 tbsps. vinegar
good pinch Chinese five spice powder (available from Chinese grocery)
1 1/2 cups white sauce
salt, ground black pepper to taste
2 eggs, beaten
few drops sesame oil
juice of 1/2 lemon
2 tbsps. pimento strips
1/2 tsp. lemon rind, grated

Sauté garlic and scallions in oil in wok or large skillet. Add chicken, pork and shrimp, sauté few minutes. Mix in cooked rice. Add fennel, vinegar, five spice powder, white sauce, salt and pepper to taste. Meanwhile, pour well beaten eggs into large skillet heated with few drops of sesame oil. Spread eggs evenly over skillet to form thin layer. When egg is almost firm, turn to cook on reverse side. Turn out on to plate, cut into thin strips; set aside. Pile rice mixture on a serving plate, sprinkle with lemon juice. Arrange omelet strips, pimento, grated lemon rind and additional fennel seeds to form attractive design on top of royal rice. Lovely with steamed or deep-fried chicken. Serves 4.

CHINESE HOT POT

For The Broth

4 cans (10 3/4 ozs. each) condensed chicken broth
4 cans (7 1/2 ozs.) minced clams
2 slices Canadian bacon, chopped
1 square bean curd (fresh, sold in Chinese grocery), cut into 12 cubes

In electric wok or skillet, combine all ingredients. Bring to boil, heat about 5 minutes. Cook pieces of fish, poultry, meat and vegetables by dunking in broth with chopsticks or long forks. Drink remaining broth to close the meal!

For The Accompaniments

1/2 lb. pork, sliced paper thin
3/4 lb. boneless chicken (breast, preferably)
1 lb. fresh shrimp, shelled, deveined, cut in half lengthwise
2 cups fresh spinach, washed, drained, cut in bite-sized pieces
2 cups lettuce, washed, drained, torn into bite-sized pieces
2 cups Chinese cabbage, washed, drained, cut into bite-sized pieces
1 cup watercress, tough stems removed
12 raw eggs in shell
1 scallion sliced (for garnish)

Prepare food; set on separate plates arranged around the "hot pot." Be sure broth is hot before guests gather around to do the "dunking." Cook eggs by breaking into the simmering broth. For dipping sauces use good quality soy sauce, oyster sauce, duck, sweet-sour, plum sauce (all available at Chinese groceries or gourmet shops).

Note: A perfect answer to informal dining! Once you start the custom, you can ad lib freely. For a Mongolian Hot pot, use beef broth in stock instead of chicken; use lamb in lieu of pork. This works well with a wide range of sea foods (lobster,

clams, mussels, small raw fish boned, cut in small cubes), poultry (from turkey to duck) and meats. If desired, add a slice of ginger root to simmering stock. Served 8 to 10

UMANI (Japanese Vegetables with Chicken)

3 cans (10 3/4 ozs. each) condensed chicken broth
3 soup cans water
1 lb. boneless chicken breasts, cut in 1 inch pieces
2 cups sliced mushrooms
1 can (about 8 ozs.) water chestnuts, drained and sliced
1 can (about 5 ozs.) bamboo shoots, drained
1 cup carrots, sliced
1 cup celery, sliced
1/2 cup soy sauce
1/4 cup sugar
1 pkg. (10 ozs.) frozen green peas

In large kettle, combine broth and water, heat to boiling. Add remaining ingredients except peas. Cook over low heat 10 minutes. Add peas; cook 10 minutes longer or until vegetables are tender. Serves 10.

Note Hearty enough for main dish. Lovely to look at. If desired, cut back on sugar. Japanese like their soups on the sweet side!

BROCADE-LIKE ARRAY OF CHICKEN, PORK, SHRIMP WITH NOODLES

1 1/2 lb. lean ground pork
1/2 tsp. salt
1/8 tsp. freshly ground pepper
1 1/2 tbsp. cornstarch
sesame or peanut oil
2 cups cooked breast of chicken, diced
4 scallions, cut in 1 inch pieces
1 tbsp. ginger root, chopped
1 can (7 1/2 ozs.) water chestnuts, sliced
1 1/2 lb. large shrimp, shelled and deveined
1,4 lb. Chinese cabbage, cut in 1 x 1/2 x 1/2 inch pieces
1/4 cup bamboo shoots, rinsed, julienned

Dining al fresco, in Ross Hunter's Lost Horizon

Roast Pork Oriental

Sukiyaki Mongolian

Himalayan Curry Chicken with Rice

Cantonese Pork Chops

Shangri-La Shrimp Curry

Dining, Shangri-La Style

The delightful setting for Lost Horizon's school

A tender moment between the lovers

The stars of Ross Hunter's Lost Horizon

4 ozs. fine noodles (about 2 cups) steeped in boiling water for 10 minutes, then drained
2 fresh mushrooms, julienned
1/4 lb. boiled ham, julienned
about 5 to 6 cups canned chicken broth, undiluted
scallions
1 tsp. ginger root, chopped
soy sauce
rice wine vinegar

Mix ground pork with salt, pepper and cornstarch; form into 1 inch balls, fry in hot sesame or peanut oil. Drain. Arrange fried pork balls, chicken, scallions, ginger, water chestnuts, shrimp, cabbage, bamboo shoots, noodles, mushrooms and ham attractively on serving dishes which will surround a chafing dish in center of table. Heat about 4 1/2 cups chicken broth in chafing dish or fondue pot with 2 pieces scallions and 1 tsp. ginger root When stock is boiling, add small bits of the ingredients from the platters in sequence above and bring to boil. Serve and continue adding ingredients as needed. Replenish chicken broth and scallions as necessary Guests help themselves from the chafing dish and use the soy sauce and rice vinegar, served in saucers, to season to taste The stock is then poured into individual bowls on table for each guest. Serves 4 to 5.

Note: This ancient court dish from China is a conversation piece to serve guests! It is easy to prepare as stock can be made in advance, and all ingredients are easy to come by!

BROCADE-LIKE ARRAY OF SEAFOOD, CHICKEN, VEGETABLES WITH NOODLES

4 cups canned chicken broth, undiluted
1 tsp. sesame oil, optional
3 tbsps. soy sauce
1/8 tsp. freshly ground pepper
3 tbsps. soy sauce
1/2 tsp. ground ginger
1/4 cup scallions, julienned
1 cup uncooked breast of chicken, cut in fine julienne

1/2 cup shrimp, deveined, washed, cut into bite-sized pieces or a 4 1/2 oz. can shrimp, drained
1 2 cup sliced mushrooms or 1 3 oz. can sliced mushrooms, drained
1 2 cup lobster fresh, frozen c r canned, cut in bite-sized pieces
1 can (7 1/2 ozs.) water chestnuts, slivered
8 ozs. find noodles (4 cups)
1 tbsp. salt
3 qts. boiling water

Bring chicken broth to a boil in large saucepan Add remaining ingredients except noodles, salt and water Simmer 5 minutes. Meanwhile, gradually add noodles and salt to rapidly boiling water so that water continues to boil. Cook, uncovered, stirring occasionally until tender. Drain in colander. Divide noodles among 6 bowls. Spoon mixture over noodles in bowls. Makes delightful first course. Serves 6
Note. If desired, add 1 cup more chicken broth to give it a "soupier" quality. Soup is excellent, too, made using all canned ingredients for emergency or "quickie" meals. Lovely followed by sweet-sour steamed fish

JULIENNED TURKEY WITH NOODLES

6 ozs fine noodles (about 3 cups)
2 tbsps sea salt or salt
2 1/2 qts. boiling water
1/2 lb. cooked turkey, preferably dark meat or duck or chicken
2 1 2 tbsps. scallions, chopped
5 cups canned, undiluted turkey or chicken broth
salt, optional
fresh orange rind or dried tangerine rine from Chinese grocery, grated
slivered almonds sautéed in sesame or peanut oil

Gradually add noodles and sea salt or salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Divide

evenly among 5 bowls Divide turkey, duck or chicken and scallions into 5 portions and arrange on noodles. Heat broth and season to taste with salt. Pour equal amounts over noodles and garnish with orange rind or tangerine rind and slivered almonds. Serves 5.

Note Again an adaptation of an ancient Chinese court favorite, but an easy, pleasant way to use up leftover roast fowl. Also, excellent made with dried sea food available from Oriental food shops (dried cuttlefish or scallops). Makes an interesting prelude to dinner.

NOODLES WITH SHRIMP

6 ozs. medium noodles (about 3 cups)
2 tsps. sea salt or salt
2 1/2 qts. water
2 tbsps. sesame or peanut oil
1/2 cup scallions, chopped
1/4 tsp. ground ginger
1 lb. raw shrimp, shelled, deveined, or 1 lb. frozen
1/2 cup bamboo shoots, rinsed with water, julienned
2 tbsps. tamari or soy sauce
1 1/2 cups canned chicken broth, undiluted

Gradually add noodles and salt to rapidly boiling water so that water continues to boil. Cook, uncovered, stirring occasionally, until tender. Drain in colander. Meanwhile, heat oil; add scallions, ginger, shrimp and bamboo shoots, cook 5 minutes. Stir and add tamari or soy sauce and chicken broth; bring to a boil. Add noodles, mix well and cover. Reduce heat and simmer about 3 minutes until most of the liquid is absorbed. Serves 4.

Note. This delicately flavored favorite snack with ancient Chinese emperors, can also be used in place of the usual "fried rice" to accompany poultry or pork dishes. Sea salt and tamari (organic, undiluted soy sauce) are available at health or Japanese food shops.

CHINESE DINNER IN A JACKET–4 VERSIONS: GINGERED SHRIMP

1 lb. cleaned small raw shrimp
1/4 cup soy sauce
1/4 cup white wine
2 cloves garlic, minced
3 tbsps. celery, thinly sliced (preferably from hearts of celery)
2 tsps. fresh ginger root, finely chopped
4 tsps. olive or peanut oil
2 cups hot cooked rice

Place shrimp in bowl. Stir in soy sauce, wine, garlic, celery and ginger. Divide evenly between four 12 inch squares of aluminum foil. Place a tsp. of oil on each. Securely seal with a drug store wrap. Refrigerate at least 2 hours, longer if desired. Place on baking sheet that has been preheated in 450°F oven. Bake at that same temperature for 6 to 8 minutes. Unwrap one end of package and empty contents onto rice on plate. Great with Hoisin sauce! Serves 4

Note. This is a handy adaptation of the ever popular paper-wrapper or cellophane wrapper appetizers steamed or cooked in deep fat. A boon to singles, the packets can be made up in advance or frozen.

DANDY BRANDIED PORK

1 lb. pork cutlets or other boneless cut of pork
1/2 cup drained crushed pineapple
4 tbsps. butter, heated until browned; then cooled

1/4 cup brandy
3 tbsps. soy sauce
1 cup thawed frozen peas
1/4 cup onions, minced
choice of fried rice, shrimp or chicken

Cut pork into thin strips. Place in bowl and stir in pineapple, browned butter, brandy, soy sauce, peas and onion. Divide evenly between four 12 inch squares of aluminum foil. Securely seal with a drug store wrap. Refrigerate at least 2 hours. Place on baking sheet that has been preheated in 450°F oven. Bake at that same temperature for 8 to 10 minutes. Unwrap at one end and empty contents over fried rice. Delicious with Chang's Cucumber Salad. Serves 4.

LEMON TURKEY DELIGHT

1 lb. boneless turkey meat
1/2 cup fresh lemon juice
2 tbsps. brown sugar
3/4 tsp. Szechuan pepper
1 tsp. salt
6 water chestnuts, slivered
2 tbsps. butter or diced cooked bacon
2 cups hot cooked brown rice

Cut turkey meat into thin strips. Place in bowl and stir in lemon juice, brown sugar, pepper, salt and water chestnuts. Divide evenly between four 12 inch squares of aluminum foil. Place 1/2 tbsp. butter or cooked bacon on each. Securely seal with a drug store wrap. Refrigerate at least 2 hours. Place on baking sheet that has been preheated in 450°F oven. Bake at that same temperature for about 8 minutes. Unwrap one end of package and empty contents onto rice on plate. Fun and fantastic with Dragon Whiskers Salad! Serves 4.
Note: Canned boneless chicken or turkey will do. Smoked turkey or pheasant is celestial (better use regular pepper this time!).

STRIP STEAK DINNER

1 pound beefsteak, any
tender cut
3 tbsps. hoisin sauce
1 tbsp. soy sauce
2 tbsps. brown sugar
2 tbsps. white wine
2 scallions, thinly sliced
1/2 green pepper, large dice
1/2 tsp. ground coriander
3 cups hot cooked brown rice

Cut meat into thin strips, cutting across the grain. Place in bowl. Stir in hoisin sauce, soy sauce, brown sugar, wine, scallions, green pepper and coriander. Divide evenly between four 12 inch squares of aluminum foil. Securely seal with a drug store wrap. Refrigerate at least 2 hours. Place on baking sheet that has been preheated in 450° F oven. Bake at same temperature for 6 to 8 minutes. Unwrap one end of package and empty contents onto rice on plate. Terrific with Dragon Whiskers Salad. Serves 4.

III

SUPPORTING CAST

BREADS

CEYLONESE CRUMPETS (Hoppers)

1 pkg. active dry yeast
about 1/4 cup warm water
1 tsp. sugar
2 tsps. melted butter or ghee
about 2 1/2 cups milk
pinch nutmeg
about 3 cups flour
(preferably half rice flour, half all-purpose flour)
1/2 tsp. salt
melted clarified butter or vegetable oil for frying

Dissolve yeast in warm water. Mix in sugar, butter Stir in milk. Add nutmeg, flour and salt, adding some water if necessary to make a batter of thin consistency of pancake batter. Cover, let stand at room temperature 1 or 2 hours. Place heavy 7 inch skillet over heat. Grease with melted butter, swirling butter around to cover sides, spoon about 2 tbsps. of the batter around the pan. Quickly tilt the pan in all directions to let the batter run thinly over bottom. Cover pan and cook until done, brown and lacy around the edges, pitted white in the middle. Serve with honey or melted butter as crumpets for breakfast or tea About 2 doz.

Note: Hoppers are very popular in Ceylon, often topped with egg to make complete meal. Hoppers should be made in their traditional hopper pan, a round, concave pan, about 7 to 8

inches in diameter with a handle on either side, like a paella pan or a small wok with a close fitting saucepan lid to cook the hoppers evenly. *Substitute*: small metal casserole approximately same size and shape.

CHAPPATIS

1 cup whole wheat flour
1 cup all-purpose flour
1/2 tsp. salt
2 tbsps. ghee or vegetable oil
about 3/4 cup warm water

Mix two flours, salt and oil together in mixing bowl. Add enough warm water to form soft dough. Turn out on lightly floured board. Knead vigorously until dough is elastic and smooth (about 7 or 8 minutes). Cover with damp cloth; let rest about 1 hour. Knead again, lightly rolling dough into long, rounded strip. Cut off or pinch dough, dividing into 12 portions. Flatten each piece into a round pancake shape, roll out into paper-thin rounds about 7 or 8 inches in diameter. Heat griddle or heavy iron skillet very hot until drops of water spatter on the surface and put on first chappati. Let it rest 20 seconds, brush *very* thin layer of ghee on top with pastry brush, flip and cook another 20 seconds. Press down on chappati with spatula and keep flipping it over for about 2 minutes or until brown spots appear on the surface. Chappati is cooked when it is lightly browned on both sides. Stack on warm platter covered with clean heavy linen towel while finishing the "baking" of the chappatis. Serve hot with curry or spread with ghee or butter if desired. Makes about 1 doz. *Note*: Your friends will devour the chappatis! They look like a giant potato chip or tortilla. The bread is easy to make and a terrific way to work off your hostilities, slapping the dough around! Graham, barley, oatmeal or rice flour can be substituted for whole wheat flour. If desired, the cooked chappatis can be "puffed" by placing on lower rack of a preheated 350° F oven for a few minutes, but watch carefully so they won't get burned. If they are overcooked, feed them to the elephants as the Indians do!

CHA SIU BOU (Chinese Steamed Buns)

5 to 6 cups unsifted flour
1 tbsp. sugar
1/2 tsp. salt
1 pkg. active dry yeast
1 1/2 cups very hot tap water
2 tbsps. peanut oil
2 eggs, at room temperature
1 1/2 cups cooked chicken minced
1/2 cup green onion, finely chopped
2 tbsps. soy sauce
2 tsps. sugar

In large bowl, mix 1 1 2 cups flour, 1 tbsp. sugar, salt and yeast. Gradually add very hot tap water and peanut oil. Beat 2 minutes at medium speed on electric mixer, scraping bowl occasionally. Add eggs and 3 4 cup flour Beat at high speed 2 minutes, scraping bowl often. Stir in enough additional flour to make a stiff dough. Turn out on lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top Cover, let rise in warm place, free from dratt, until doubled in bulk (about 1 hour). Meanwhile, combine chicken, onion, soy sauce and remaining 2 tsps. sugar for filling, set aside. Punch down dough; divide into 24 equal pieces. Shape each into 3 inch rounds. Place about 1 tbsp. of chicken mixture on each round of dough. Pull the edges up over the filling, forming sacklike pieces of dough, pinch edges to seal. Place each bun, seam side down, on a square of aluminum foil. Cover, let rise in warm place, free from dratt, about 15 minutes. (Buns will not double). Place buns on foil squares on steamer rack or cake racks in roasting pan, electric skillet or Dutch oven over boiling water. Cover and steam for 12 to 15 minutes, until done Serve immediately. About 2 doz. buns.

Note Steamed buns, a staple in northern China were considered a snack in Chinese palaces, often made in the dessert section! For a "quickie version," use 1 pkg. hot roll mix, adding 1 extra egg, following box instructions. For other palate-pleasing fillings, use about 2 cups cooked, minced Chinese sausages (lup chong, or barbecued chicken or pork mixed with 1/4 cup each, soy sauce, sesame or peanut oil, minced scallions, and 1 tsp. each, sugar and grated fresh

ginger root. The steaming is what makes the buns delightful and different. They also can be made the day before and resteamed for 5 minutes before serving!

PARATHAS (Indian Fried Whole Wheat Bread)

1 recipe for chappatis

about 1/2 cup ghee or corn oil

Follow instructions for mixing and kneading chappatis. After dough has set for 1 hour in bowl covered with damp cloth, divide dough into 8 portions. Roll out first chappati about the thickness of a silver dollar, spread lightly and evenly with ghee or oil, fold in half, again spread with layer of ghee, fold over again forming a triangle. Roll out triangles trying to form them into circles again. (If shapes are slightly irregular, don't worry about it!) Brush tops lightly with ghee; fry on griddle in the same manner as chappatis. Parathas will puff more due to layers of pastry and ghee and be richer and heavier. They may be eaten plain or stuffed. Makes about 8 portions.

To Stuff Parathas

Prepare regular parathas as directed, but place 1 or 2 tbsps. of filling on half of the parathas. Use remaining parathas to form covers, sandwich fashion by pressing one paratha on top of stuffed paratha. Seal edges securely by using a little milk or oil. Grease griddle; brush tops of parathas with ghee or oil, fry on both sides until crisp and brown. Makes 4.

Radish Filling

1 cup grated radish (Chinese white variety or regular red radishes)
1 tsp. fresh ginger root, grated
1 tsp. salt
few drops Tabasco or cayenne to taste
1/2 tbsp. ghee or oil

Mix ingredients all together to blend well. Use 1 or 2 tbsps. Enough for 4 stuffed parathas.

Curried Green Pea Stuffing

1/2 tbsp. ghee
1 scallion, finely chopped
1 tsp. curry powder or Peter Finch's Garam Masala (page 00)
1/2 tsp. salt
pinch cayenne or Tabasco to taste
1 cup cooked fresh or frozen peas
1/2 tsp. lemon or lime rind, grated
1 tsp. lemon or lime juice

Heat ghee in small skillet, add onion, curry powder or Garam Masala and salt; cook few minutes, stirring. Blend in remaining ingredients, heating just until mixed and heated through.

Note. Parathas are darn near poetic! Perfect answer for vegetarians or non-vegetarians. Try using about 1 2 lb. ground lamb or cooked, leftover chicken, turkey or pork mixed with snipped fresh mint, basil or Chinese parsley (coriander), potatoes, green beans or leftover vegetables for stuffing. Serve hot with dollop of cold yogurt. Makes 4 stuffed parathas.

POORI (Puffed Fried Bread)

2 cups all-purpose flour
1 tsp. salt
1 stick butter
about 1 cup water
vegetable oil for deep-frying

Sift together flour and salt in bowl. Cut in butter with pastry cutter or two knives until mixture is size of small peas. Gradually stir in water with fork to form smooth dough. Turn out on lightly floured board and knead it only until it is smooth and holds together. Roll out dough into very thin thickness. Cut into 5 inch circles. Heat vegetable oil to 370°F. Fry one at a time for 2 or 3 minutes, turning once until completely brown. Drain well on absorbent paper. Serve very hot as appetizer or as "bread" accompaniment with curry. Serves 4 to 6.

RIJSTTAFEL

WELCOME TO THE RIJSTTAFEL!

Tie a napkin around your chin! Rijsttafel in Dutch means "rice table" a colorful gastronomic feast with a central theme on rice, accompanied by a host of side dishes. In far-flung Java, Caracao, and Indonesia, it is traditionally served by a parade of boys who bring on a succession of aromatic, exotic treats! The rice table is a dramatic, exciting idea for a buffet at home. All foods can be prepared in advance .hot foods can be kept hot in chafing dishes and all cold dishes brought out at the last minute. The number of side dishes depends upon the cook and the number of guests!

Sajoer (Light Bouillon)
Krupak (Fried Shrimp Wafers)*
Sambals (Vegetables with Spicy Pepper Sauce)*
Satays (Skewered Broiled Meats with Sauce)*
Nasi (Plain Rice)*
Soto Ajam (Boiled Chicken and Mie)*
Kerie Babek (Curried Duck)*
Bura (Cocoanut Rice)*
Abon (Shredded Beef)*
Iekan Bandang Panggang (Spicy Fried Fish)*
Seroendeng (Fried Cocoanut Paste)*
Telor Besengkek (Spiced Eggs)*
Cabbage Salad with Peanuts*
Pisang Goreng (Banana Fritters)*
Tea or Beer

* Recipes Included

KRUPAK

The authentic shrimp puffs made from tapioca flour in Sidoardjo (a town on the East coast of Java) are hard to come by. Shrimp puffs locally produced and sold in Oriental food shops make a good substitute. Deep-fat fry them, two at a time, and permit them to puff up to several times their original size. Drain well. Serve with homemade relish - shredded carrots, cabbage, salt, onions, crushed hot peppers and vinegar, or use Pickled Cucumbers (page 152).

ONION SAMBAL

2 large onions
2 tbsps. crumbled dried fish (teri or bombay duck, found in Indonesian, Oriental food shops)
2 tsps. chilli powder (or tabasco)
salt to taste
1 2 tsp. curry powder
1/2 tsp. turmeric
1 4 tsp. ground cinnamon
1 tsp. lemon rind, grated
2 tbsps. lemon juice

Cut onions in half lengthwise and slice thinly. Add remaining ingredients. Stir to blend. Cover and refrigerate until serving time. Serves 8.

Note: Do not use Mexican chilli powder for chillies. The Indonesian powder is made by grinding small dry Indian chillies. Japanese pepper may be substituted or cayenne or Tabasco to taste used. Bombay duck or Sooktie, is a small Indian fish which is dried and salted. It is often ground in a mortar and despite its peculiar odor, gives a good flavor to a curry or rijsttafel. For a good substitute, spread stale bread crusts lavishly with anchovy paste and bake in very slow oven until paste hardens. Then, put through meat grinder.

EGG OR TOMATO SAMBAL

1/4 cup olive oil
2 tbsps. lemon juice
1/2 tsp. salt
1/4 cup peanuts (or flaked coconut) chopped
4 hard-cooked eggs, quartered (or 1 lb. tomatoes, sliced)
1/4 cup green onions, minced
1 green chilli, chopped or 1/4 tsp. cayenne

Arrange eggs (or tomatoes) on serving dish. Mix together onions, chilli (or cayenne), oil, lemon juice and salt. Pour over eggs. Sprinkle with nuts or coconut. Serves 8.

GREEN BEAN SAMBAL

1/4 cup onions, finely chopped
2 cloves garlic, minced
3 fresh red chillies (or 4 dry Hontaka chillies), minced
1 green apple, peeled and diced (or tamarind if available)
2 tbsps. olive oil
1 lb. fresh green beans
1/2 tsp. salt
1 bay leaf, crumbled
1 tsp. lemon rind, slivered
1 1/3 cups coconut milk (page 119)

Sauté onion, garlic, chillies and apple in oil 5 minutes. Wash beans, remove ends and cut in very thin slices. Add to onion mixture with remaining ingredients. Bring to a boil; then reduce heat and simmer uncovered until beans are tender, about 15 to 20 minutes, stirring constantly. Serves 6 to 8.

BANANA BEEF SATAY INDONESIAN

1 1/2 lbs. flank steak, scored on both sides
1/2 cup soy sauce
1/2 tsp. crushed dried red pepper
1 tbsp. molasses
1/2 cup salted peanuts
2 tbsps. fresh lemon juice
1 clove garlic, crushed
1/2 tsp. ground ginger
2 bananas
skewers
2 cups hot cooked rice

Cut flank steak lengthwise into 6 or 7 long strips. Place in shallow dish. In blender combine soy sauce, pepper, molasses, peanuts, lemon juice, garlic and ginger. Blend until smooth; pour over steak, refrigerate several hours. Peel bananas; cut into 1 inch chunks. Thread steak strips on skewers alternately with banana chunks; reserve left over marinade. Broil about 5 minutes. Brush with marinade, broil on other side several minutes to desired doneness. Serve with hot cooked rice. Serves 4.

GRILLED CHICKEN SATAY WITH WALNUT SAUCE

For the Walnut Sauce

1 cup California walnuts
2 tbsps. vegetable oil
3 onions, minced
2 chillies, Indian or Japanese type, seeds removed, ground, or Tabasco to taste
dash of salt
water
1 1/2 tbsps. soy sauce
juice of 1 lime or half a lemon

Grind walnuts; set aside. Heat oil in large skillet; fry 2 of the onions until very crisp. Drain on absorbent paper; set aside for garnish. Fry remaining onion and the chillies in same skillet 3 minutes, or until golden. Add walnuts and salt, then enough water to make a very smooth thick juice. Add soy sauce and lime or lemon juice.

For the Chicken Satays

1 3 lb tender broiler-fryer
6 California walnut halves
1/2 inch slice fresh ginger root
2 cloves garlic
1 onion
2 limes or 1 lemon, peeled, or equivalent vinegar, or vinegar to taste
dash salt
1/2 tsp. sugar

Remove chicken meat from bones, cutting into 1 inch pieces. Grind together the walnuts, ginger root, garlic, onion, limes

or lemon, salt and sugar. Rub mixture into the chicken pieces; let stand for at least 30 minutes. Dip chicken in the Walnut Satay Sauce. Thread 5 or 6 pieces on a thin bamboo or wooden skewer and grill, preferably over glowing charcoal. Reheat remaining Walnut Satay Sauce and serve over chicken. Garnish with fried, crisp onions. Serves 3 to 4.

Note : Satays are a traditional part of the rijsttafel but can be served as a separate course. Beef, pork or lamb can be used. Tamarind pulp is sold in bags in Chinese groceries and in many gourmet shops. Tamarind is often used in curries to give acidic flavor to the dish.

"BE CAREFUL NOT TO LET THE
RICE TURN INTO A PORRIDGE"
-Indonesian proverb (Anonymous)

NASI (Cooked Rice)

1 cup raw rice
2 cups water
1 tsp. salt

Add rice to salted water; bring to boil. Stir once, cover, reduce heat to simmer. Cook 12 to 14 minutes or until liquid is absorbed. Fluff with fork before turning out into heated serving dish.

Note : Since rice is the basis for the rijsttafel, do prepare exactly according to instructions. One tbsp. butter or margarine added to mixture before cooking will give flavor and helps to separate grains. Most Oriental people prefer the long-grain variety of rice. Do not rinse before or after cooking as it will remove nutrients. Brown rice is a healthful, attractive variation to use at the rijsttafel. Cook according to package instructions. Serves 6.

SOTO AJAM (Boiled Chicken and Mie)

1 5 lb. boiling (or roasting) chicken
boiling water
1 tbsp. salt
1 tbsp. olive oil
1/2 cup onions, chopped
3 cloves garlic, crushed
1 1/2 tsps. ground ginger
1 tsp. sugar
1 tsp. turmeric
1/4 tsp. freshly ground pepper
1 4 tsp. monosodium glutamate
2 ozs. Chinese mie (thin noodles available in Chinese grocers) or use 2 cups vermicelli broken into 2 inch lengths
1 2 cup scallions, sliced
1/4 cup flaked coconut
salt to taste

Cover chicken with water, add about 1 tbsp. salt. Bring to a boil, cover, reduce heat and simmer until chicken is tender. 1 to 3 hours depending on type of chicken. Lift chicken from liquid. Separate meat from skin and bones. Return skin and bones to liquid and cook, uncovered, until about 5 cups liquid remain. Then strain and discard skin and bones. Heat olive oil; add onion, garlic, ginger, sugar, turmeric, pepper and MSG and cook for about 2 to 3 minutes. To remaining 5 cups broth in pan, add the chicken meat and spice mixture; then simmer for 10 minutes. Add mie or vermicelli, scallions and coconut; simmer 10 to 12 minutes or until noodles are tender. Taste and add more salt, if necessary. Serves 6.
Note Makes an excellent entree or part of the rijsttafel.

KERIE BABEK (Curried Duck)

1 4 to 5 lb. duckling
1/3 cup honey
1/3 cup prepared mustard
1 tbsp. curry powder

Clean and prepare duck for roasting. Prick skin in several places. Place on rack in roasting pan in preheated 350° F oven, roasting about 2 hours or until done. About 30

minutes before roasting time is completed, remove duck from oven; pour off fat. Place duck, breast side down. Combine honey, mustard and curry powder. Blend, brush half of mixture over duck; return duck to oven. Continue to roast about 15 minutes. Turn duck, breast side up. Brush remaining sauce over duck. Bake 15 minutes longer; remove to serving platter. Serve with saffron rice, chutney and kumquats. Serves 4 to 6.

BURA (Coconut Rice)

1 cup coconut
2 1/4 cups boiling water
1 cup rice
1 tsp. salt

Place coconut in electric blender. Add boiling water. Blend for 1 minute. Strain into saucepan, pressing all remaining liquid from coconut in strainer. Bring to a boil, stir in rice and salt. Cover, reduce heat and simmer for 14 minutes. Serves 6.

ABON (Shredded Beef)

1 lb. lean stewing beef
1 green apple, peeled and diced
1/3 cup onions, chopped
1 clove garlic, pressed
1 tsp. minced fresh ginger
1 tsp. ground coriander
1/2 tsp. salt
2 tsps. olive oil

Cook beef in water (or beef broth) until tender, about 1 to 2 hours, depending upon kind of meat. Cool; tear into shreds. Place apple, onion, garlic, ginger, coriander and salt in electric blender. Blend at low speed until combined. Stir into beef. Cover, and refrigerate at least 2 hours (or overnight). Just before serving, sauté in oil until browned. Serves 4 to 5.

IEKAN BANDANG PANGGANG (Spicy Fried Fish)

1 1/2 lbs. fish filets (mullet) cut in 1 1/2 inch cubes
1 egg yolk
2/3 cup water
1/2 cup flour
1/2 tsp. salt
1/4 tsp. ground turmeric
oil for deep frying

Cut fish in cubes. Beat egg yolk with water until frothy. Blend in flour, salt and turmeric. Dip fish into batter and fry in oil heated to 375°F, until golden, about 3 minutes. Drain on absorbent paper. Serves 6.

SEROENDENG (Fried Coconut Paste)

1/2 cup onions, finely chopped
2 cloves garlic, crushed
1 tsp. lemon rind slivers
1 tsp. sugar
1 tsp. ground coriander
1 bay leaf, crumbled
1 2 tsp ground ginger
1/4 tsp. salt
1 can (3 1/2 ozs.) flaked coconut
1/4 cup water
1 4 cup salted peanuts

Mix onion with garlic, lemon rind, sugar, coriander, bay leaf, ginger and salt. In a skillet, heat coconut until lightly browned, stirring frequently. Add spice mixture and water. Continue cooking and stirring until coconut is evenly browned. Stir in peanuts. Serve as a condiment with the rijsttafel. Makes 1 1/2 cups.

TELOR BESENGKEK (Spiced Eggs)

6 eggs
1 can (3 1/2 ozs.) flaked coconut
2 cups boiling water
1/4 cup onions, chopped
1 clove garlic, crushed
2 tsps. coriander seeds
1 tsp. cumin seed
1/2 tsp. salt
1/2 tsp. ginger root, chopped
3 tbsps. olive oil

Place eggs in large saucepan and cover with cold water. Bring to a boil, cover, turn off heat and let stand for 20 minutes. Immediately pour off hot water and fill pan with cold water. Peel eggs. Place coconut in electric blender. Add boiling water, turn blender to high and whirl for a minute or two. Let stand until ready to use. Crush onion, garlic, coriander, cumin, salt and pepper in a mortar with pestle. Sauté in oil for 5 minutes (if electric blender is used, add oil with spices and sauté entire mixture). Strain coconut milk onto an 8 or 9 inch skillet. Discard remaining coconut. Blend in spice mixture. Cut eggs in half and place, cut side up in liquid. Simmer, uncovered, for 15 minutes. Serve chilled. Serves 12.

CABBAGE SALAD WITH PEANUTS

1 medium head green cabbage
1/2 onion, sliced
1/3 cup olive oil
1/3 cup fresh lemon oil
1 tsp. salt
1/4 tsp. cayenne
1 tsp. sugar
1/2 cup roasted peanuts

Finely shred cabbage. Stir in onion. Mix oil with lemon juice, salt, cayenne and sugar. Pour over cabbage, stir in nuts. Serves 6.

PISANG GORENG (Banana Fritters)

4 ripe bananas
1 cup flour
1 tsp. baking powder
pinch salt
1/2 tsp. sugar
about 2/3 cup water
3 cups coconut or peanut oil

Peel bananas, cut into 1 inch diagonal pieces. Sift together flour, baking powder, salt and sugar in mixing bowl. Blend in water, making light batter. Heat oil until very hot in saucepan. Dip banana pieces in batter; fry in deep fat until golden. Drain well on paper towels. Serves 6.

BEVERAGES

ALMOND MILK

1 cup blanched almonds
4 cups water
4 black peppercorns
1/2 cup sugar

Place almonds, water and peppercorns in an electric blender. Cover carefully and process, stop-and-go fashion, until almonds are puréed as fine as possible. Strain through several thicknesses of cheesecloth. Discard residue. Stir in sugar. Chill thoroughly. Makes about 1 quart.

CARDAMOM TEA

2 qts. water
1/4 cup Ceylon tea
1/2 tsp. cardamom seeds
(remove from outer shells
before measuring)
1/2 tsp. whole cloves
1/2 cup sugar
2 tbsps. lemon juice
10 slices lemon, studded with
whole cloves

Bring water to a full rolling boil. Pour over loose tea and spices. Cover, and let stand 5 minutes. Strain into hot teapot,

chafing dish or serving container. Add sugar and lemon juice. Garnish with clove-studded lemon slices. 10 servings.

FRESH COCONUT MILK

2 coconuts
water
2 cups milk

Punch holes in the "eyes" of the coconuts; drain liquid; reserve. Place coconuts on baking pan. Bake at 350°F. Remove. If shells have not already cracked, use hammer. Remove coconut meat, trim off brown skin; grate meat. Add water to liquid drained from coconuts to make 1 cup. Add milk, bring to a boil. Pour over grated coconut. Let stand about 30 minutes, drain. Strain before using. Chill to serve as delicious beverage. Makes about 3 cups.
Note: Proportions given above are for "thin coconut milk." For "thick coconut milk" (for use in cooking), use equal amounts of grated coconut and milk plus liquid from coconut and proceed as directed. Do not boil coconut milk once it is prepared or it will curdle. If desired, unsweetened, shredded dried coconut can be purchased from health food stores.

HOT MINTED TEA

1 bunch fresh mint leaves
6 tbsps. Earl Grey loose tea
6 tsps. sugar
6 cups boiling water

Preheat teapot by rinsing out with hot water. Place loose tea in teapot and stuff with mint leaves. Add sugar. Fill teapot with boiling water. Let stand 5 minutes; stir, strain before serving. Serves 6.
Note: Earl Grey black tea from India and Ceylon makes an aromatic, hearty brew.

HOT PINEAPPLE MULLED TEA

1 can (12 ozs.) unsweetened pineapple juice
4 cups strong tea
1 3 cup sugar
10 whole cloves
1 stick cinnamon

Combine ingredients in saucepan. Bring to boil; simmer 5 minutes. Remove spices. Serve hot (or cold in summer, with fresh mint sprigs). 7 servings.

HUNZAKUT CHAMUS

1 cup dried California apricots, coarsely chopped (about 40 halves)
5 cups water
6 tbsps natural sugar, optional

Place apricots in 3 cups water in electric blender container. Cover and allow to stand 2 hours to soften apricots without cooking. Purée in blender until mixture is smooth. Mix with remaining water. Chill well before serving. Serves 6.
Note: The Hunzakuts are great fruit eaters, especially apricots fresh in season, or, in winter, sun-dried apricots. They usually eat them as they are or rub them in water to form a thick liquid called chamus which they drink for breakfast. This adaptation makes a delightful nectar. The recipe is from the Prince of Hunza, Mohammed Ameen Khan.

LASSI (Hunzakut Drink)

1 cup yogurt
4 cups water
1/2 tsp. ground cumin
pinch of cayenne and salt to taste

Mix all the ingredients in a blender (or use egg beater). Chill very well before serving. For a sweeter version, add 1/3 cup

honey, 1/8 tsp. ground nutmeg and dash of rosewater. Serves 4.

Note: Yogis have believed for centuries that drinking yogurt has a tranquilizing effect upon people. In India, Lassi is thought to be the best cure for a hangover!

ROSE PETAL PINEAPPLE CRUSH

4 large roses
2 qts. water
1 1/3 cups sugar
1/4 cup fresh lemon juice
3 cups fresh or canned pineapple
2 cups shaved ice

Wash roses carefully in cold water. Pluck off petals, place them in large covered jar. Pour water over them, cover and let stand in dark place for 4 hours or overnight. Just before using, strain off water from petals, mix rosewater with sugar and lemon juice; cook over low heat to dissolve sugar. Cool syrup over pineapple and ice. Garnish with fresh rose petals on syrup over pineapple and ice. Garnish with fresh rose petal on top of each glass. Serves 6.

Note: This delicate esoteric finish to an Indian banquet helps preserve the serene atmosphere of the meal. If desired, rosewater (purchased from pharmacy) can be substituted for homemade rosewater. A sprig of fresh mint gives a lovely tang to the crush.

SPICED HONEY TEA

2 qts. water
4 tbsps. loose Ceylon tea
1 tsp. whole cloves
1/2 cup honey
1 cup orange juice
1/2 cup lemon juice

Bring water to a full rolling boil. Place tea and cloves in a bowl or pitcher. Pour half of water over tea. Cover; brew 5 minutes. Strain into teapot (or serving pitcher). Add honey. Stir until dissolved. Add remaining water and fruit juices. Serve hot. 12 servings.

SPICED HOT TEA

2 qts. boiling water
1/4 cup loose Darjeeling tea
1 tsp. cracked fennel seed
1 tsp. ground ginger
1 tsp. whole cloves
2 lemon rinds, grated
1 scant cup sugar

Pour boiling water over tea, fennel, ginger, cloves and lemon rind. Cover and let stand for 5 minutes. Strain into hot teapot, chafing dish (or serving container). Add sugar and stir to dissolve. Serves 10.

TUNDI (Yogi's Beverage)

1/2 cup California walnuts
1/2 cup seedless raisins
4 whole cardamoms, peeled
1 tsp. whole white peppercorns
1/2 cup water
1/2 cup anise seed
4 cups water
1 cup milk
1 cup granulated sugar

Blanch walnuts; soak raisins, cardamoms and peppercorns in 1/2 cup water for 30 minutes. Soak anise seed separately in 2 cups of the water. Put walnuts, raisin mixture and the anise mixture into a blender and blend at high speed until all is mixed thoroughly. Pour into a deep bowl. Rinse blender with remaining 2 cups water and add to bowl. Strain all through a fine sieve. Reserve the juices and discard the residue. Add milk and sugar to the strained juices. Mix together well and pour into a bottle. Cover, chill. Use within several days. Serves 4.

SALADS & DRESSINGS

BEAN SPROUTS-MIXED VEGETABLE TOSS

1 can (16 ozs.) bean sprouts, well-drained and rinsed.
1 cup celery, diagonally sliced
1 medium green pepper, seeded and cut into 1 inch strips
1/2 cup scallions, thinly sliced
1/2 cup radishes, sliced
1/4 cup carrots, coarsely shredded
2 tbsps. peanut oil
2 tbsps. soy sauce
1 tbsp. cider vinegar

In a bowl, combine bean sprouts, celery, green pepper, scallions, radishes and carrots. Chill. Just before serving, blend together peanut oil, soy sauce and vinegar. Pour over salad. Mix lightly. Serves 8.

BURMESE SHRIMP SALAD

1 1/2 lbs. uncooked shrimp
boiling water
salt
1/3 cup scallions, chopped
juice of 1 lime
salt, freshly ground pepper to taste
crisp lettuce leaves
1/4 cup celery, finely minced

Cook shrimp in boiling salted water. Simmer only until shrimp begin to turn pink. Remove from heat at once, rinse with cold water. Cool, remove shells, devein and chop. Combine with scallions, lime juice, salt and pepper to taste. Toss lightly to mix, chill well. Serve on lettuce leaves, garnish with minced celery. Good to use as part of lettuce lunch. Serves 3 to 4.

CHANG'S CUCUMBER SALAD

2 large cucumbers
1 tsp. sea salt
pinch natural sugar (found in health food store)
scant 2 tbsps. soy sauce
1 tsp. sesame oil

Wash, peel cucumbers. Slice into thin rounds. Sprinkle with sea salt; let stand several hours. Rinse under cold water; dry on paper towels. Blend together sugar and soy sauce, pour over cucumbers in shallow dish. Cover, refrigerate several hours. Add sesame oil; serve very cold. 3 to 4 servings.

DRAGON WHISKERS SALAD

1 lb. bunch fresh asparagus
boiling salted water
1 tbsp. wine vinegar
pinch sugar, pinch of salt
1/2 tsp. ginger root, minced
1/4 tsp. sesame oil

Break off and discard tough ends of asparagus. Scrub spears with stiff brush under running water to remove any sand. Break each spear and tender parts into 2 inch pieces. Barely cook (4 minutes) in boiling salted water; drain. Rinse

immediately under cold running water. Drain. Mix together vinegar, sugar, salt, ginger and sesame oil; marinate "whiskers" in vinegar-sesame dressing few minutes before serving. Serves 3 to 4.

Note: Make his whiskers hot by using few drops Tabasco and ground Szechuan pepper to taste (use sparingly!). Also substitute corn (or peanut) oil for sesame oil.

FAR EAST SPINACH SALAD

2 lbs. spinach (or beet tops), steamed
1/4 cup peanut (or safflower) oil
juice of 1 lemon
small red onion, minced
handful sesame seeds
dash of salt

Mix together. Serve cold. Serves 6.

HONEY BANANA SALAD

1/4 cup peanut oil
1/4 cup fresh lemon juice
2 tbsps. honey
1/2 tsp. ground ginger
1/2 tsp. sea salt
1/2 head lettuce, shredded
1 small green pepper, cut into julienne
2 bananas, sliced
1/4 cup cocoanut (fresh, preferably), shredded

Combine oil, lemon juice, honey, ginger and salt in a small jar with a tight-fitting lid; shake well to blend. Pour over lettuce, green pepper, bananas and coconut in a medium-sized bowl. Toss to mix. Serves 4.

HUNZAKUT HEALTH SALAD

4 Jerusalem artichokes
1/2 head red cabbage, shredded
1 cup bean sprouts (raw, preferably, or canned) well rinsed to crispen
1 green pepper, shredded
1/2 head Chinese cabbage, chopped
1/2 lb. endive, chopped
1/4 cup celery, chopped
2 large carrots, grated

Mix ingredients in a bowl. Season with choice of salad dressing. (One tsp. sesame oil mixed with 1 tbsp. fresh lemon juice and sea salt to taste makes a good dressing.) Serve with chappati spread with tahini (sesame butter). Makes a filling and healthful lunch! Serves 4.

INDIAN MIXED VEGETABLE SALAD

1 large Bermuda onion, peeled, cut in paper-thin slices
3 medium ripe tomatoes, washed, cut in chunks
bunch red radishes, washed
2 lemons or limes, cut into eighths, lengthwise
3 tbsps. fresh lemon or lime juice
1/2 tsp. cayenne or Tabasco to taste
about 1 tsp. salt
freshly ground black pepper

Arrange onion slices in center of serving platter; surround with tomato chunks. Place radishes in pattern around tomatoes. Sprinkle with lemon (or lime) juice, cayenne (or Tabasco), salt and pepper. Serve very cold. Classic salad to accompany chicken Tandoori or grilled kebabs. Serves 4.

INDIAN WALNUT SALAD

2 cups California walnuts, chopped or grated
1 large apple, chopped
3 dried figs, quartered
6 dried dates, pitted and quartered
1/4 cup fresh coconut grated
1 tbsp. melted butter
1 small head lettuce
3 large tomatoes, peeled and sliced in 12 slices
1/4 cup sesame citrus dressing
watercress

Mix walnuts, apples, figs, dates, coconut and raisin together with the melted butter. Core and wash lettuce; separate leaves and arrange on plates. Put 3 slices of tomato on each plate. Pour salad dressing over this. Mound the walnut-fruit

mixture in center. Garnish with spray of watercress. Wonderful compliment to highly spiced meat, fish or egg curry and cornbread roti. Serves 4.

JADE TREE ICEBERG SALAD

1 head western iceberg lettuce
1/4 cup sesame seeds
1 1/3 cups salad oil
2/3 cup tarragon vinegar
2 tsps. sea salt
1 tsp. dry mustard
few drops garlic, crushed
1/2 tsp. freshly ground pepper
1/4 cup sugar
1/2 cup celery, finely minced
1 can (5 ozs.) water chestnuts, drained, rinsed, sliced
2 cups cooked chicken, cut in julienne

Core, rinse and thoroughly drain lettuce. Refrigerate in disposable plastic bags. Toast sesame seeds in ungreased pan over low heat, stirring frequently, until lightly browned; cool. Combine oil, vinegar, seasonings and sugar in 1 qt. jar with tight-fitting lid; cover and shake until well blended Add sesame seeds and celery. Shake again. Tear lettuce into bowl and add dressing. Toss lightly to coat well. Garnish with water chestnuts and chicken. Serves 6.

KOREAN EGGPLANT SALAD

1 large or 2 small eggplants
2 tbsps. corn oil
1 1/2 tbsps. vinegar
pinch sugar
1/2 clove garlic, crushed
1 tsp. sesame oil
few dashes Tabasco (or cayenne) to taste
1 tbsp. toasted sesame seeds
1 tsp. soy or oyster sauce

Cover eggplant with boiling water. Cook until barely tender. Drain, cool, peel. Cut into julienne strips 1/2 inch long. Mix oil, vinegar, sugar, garlic, sesame oil, Tabasco (or cayenne), sesame seeds and soy (or oyster sauce.) Pour over eggplant. Cover; 1 or 2 hours. Refrigerate. Drain. Serve with boiled or

broiled fish or as part of lettuce lunch. Serves 6.
Note: Sesame oil available in Oriental or health food shops. Sesame seeds can be "toasted" by frying in few drops vegetable oil on top of stove (or baked slowly in 200° F oven until brown).

MAHARAJAH'S CURRY SALAD

1 head western iceberg lettuce
1/2 lb. sliced bacon
3 cups cold cooked brown rice
1/4 cup sliced scallions
1 to 2 tbsps. curry powder
1/2 tsp. ground ginger
1/2 tsp. sea salt
1 tbsp. flaked coconut toasted
2 tbsps. toasted slivered almonds

Core, rinse and drain lettuce very well. Tear lettuce into bite-sized pieces to make 2 cups. Refrigerate remaining lettuce in lettuce crisper (or disposable plastic bag) for use another time. Fry bacon until crisp, save 1/4 cup bacon drippings. Drain, crumble bacon. Place lettuce, bacon and rice in bowl with scallions. Heat reserved bacon drippings with curry powder, ginger and sea salt, pour over lettuce-rice mixture. Curry flavor develops better when heated in oil. Toss carefully but thoroughly. Turn onto platter lined with additional lettuce, sprinkle with coconut and slivered almonds. Serve at room temperature, as accompaniment to chicken or fish curry. Serves 6 to 8.

MARINATED CELERY AND SHRIMP SALAD

1 bunch celery
1 cup salted water
1/3 cup soy sauce
2 tbsps. scallions, minced
2 tbsps. white vinegar
1 tbsp. dry white wine
1 tsp. salad oil
1/2 tsp. sugar
1/4 tsp. ground ginger
1 lb. cooked, deveined shrimp, peeled

Trim ends of celery (reserve leaves for garnish). Separate celery into ribs; cut into 2 inch lengths. In a saucepan bring salted water to boiling point. Add celery; reduce heat; cover and simmer for 8 minutes (or until celery is crisp-tender). Drain; place in bowl. Combine soy sauce, scallions, vinegar, wine, oil, sugar and ginger, mix well. Pour half over celery; cover and chill 1 hour. Pour the other half over shrimp; cover and chill for 1 hour. Arrange chilled celery at one side of platter and shrimp at the other side. Garnish with celery-leaves. Great for appetizer or salad.

ORANGE AND CUCUMBER SALAD

1/2 head lettuce, crispened, separated into leaves
3 large oranges, sectioned
1 small cucumber, thinly sliced
1 cup white onion rings
1 banana, sliced

Place lettuce leaves in bottom of serving bowl. Arrange remaining ingredients on top. Drizzle honey lemon dressing over all. Serve at once. Serves 4.

ORIENTAL GINGER PEAR MOLD

approx. 3 oz. piece fresh ginger root or 2 tbsps. chopped candied ginger
3 cups pineapple-grapefruit juice
1/4 cup sugar
1/2 tsp. salt
2 envelopes plain gelatin
1/4 cup onions, minced
3/4 cup chopped water chestnuts or finely chopped celery
1 tbsp. fresh lemon juice
2 fresh California Bartlett pears
1/2 cup pecans, chopped
crisp watercress

Pare ginger root and grate on fine section of grater to get 2 level tbsps. Combine 1 cup fruit juice, sugar, salt and gelatin; stir over medium heat until dissolved. Stir in remaining juice, ginger, onion, water chestnuts (or celery) and lemon juice;

chill thick enough to mound on spoon. Meanwhile halve, core and cube pears. Fold with pecans into gelatin mixture and turn into 6-cup mold. Chill until firm, then invert onto plate. Garnish with watercress. Serves 8 to 10.
Note: Use canned pineapple-grapefruit juice or gelatin will not set.

PEKINGESE HOT COLD SALAD

1 head western iceberg lettuce
1/4 cup corn oil
1/2 tsp. salt
1 green pepper, cut in squares
4 small boiling onions, sliced
1 2 lb fresh prawns or one 10 oz. pkg. frozen prawns, thawed, shelled
1 cup Canadian bacon or ham, cut in julienne
1, 3 cup almonds, slivered
1/8 tsp. white pepper
1/4 cup chicken or beef broth
1/4 cup white vinegar

Core, rinse and drain lettuce; chill in disposable plastic bag (or plastic crisper) When crisp, cut head lengthwise into halves, place cut sides down on board and very finely shred (or shave) lettuce to yield 4 to 5 cups. Turn into salad bowl. Heat oil with salt in large skillet or wok until very hot. Add green peppers, onions, prawns, Canadian bacon and almonds. Stir over high heat 1 minute Add white pepper, broth and vinegar, stir over the heat 1 minute longer. Turn hot mixture into lettuce in bowl and toss until well coated. Serves 4 to 5.

PINEAPPLE SPINACH TOSS

8 slices bacon
5 cups torn spinach leaves,
1 can (15 1/4 ozs.) pineapple chunks, chilled, drained
favorite dressing

Cook bacon until crisp. Drain and crumble. Place spinach in bowl. Top with pineapple; garnish with bacon Just before

serving, add dressing and toss lightly. Lovely with Lemon Honey Dressing. Serves 8.

Note: Cold, cooked shrimp marinated in fresh ginger-lime juice and sesame oil makes a delightful variation to use in lieu of bacon. The marinade also becomes the dressing

THE MIR'S JEWELS

1 large green pepper, seeded, cut in thin rings
2 large onions, thinly sliced
1 large orange, peeled, thinly sliced
12 black olives, pitted
1 tbsp. peanut oil
1 tbsp. fresh lemon juice
1/2 tsp. sugar
dash of dry mustard
salt to taste
freshly ground black pepper

Arrange green pepper rings, onion and orange slices on a flat dish. Add pitted olives. Combine peanut oil, lemon juice, sugar, mustard, salt and pepper. Mix well and pour over salad. Chill well. Serves 2.

SANG CHI SAM (Korean Lettuce Lunch)

This is a unique, highly original way to present lunch-on-a platter! All the ingredients are prepared in advance, served in lettuce cups, beautifully arranged to delight the eye and palate. All your guests have to do is grab up crisp lettuce leaves, scoop up any or all of an assortment of "fillings" and dig in and "roll" their lunch.

For the Lettuce

small head of Western iceberg lettuce or small heads of Bibb lettuce, well washed, dried, separated into lettuce leaves, and crispened by chilling in plastic bag or lettuce crisper.

For the Fillings

Strips of Kalbi Kui (page 38), heated in marinade, placed in lettuce .

Vegetables in a Pickle (page 154) or Pickled Cucumbers (page 152)
Korean Eggplant Salad (page 127) or Chopchae (page 39)
Hot or cold rice, plain or Vinegared (page 72)
Floundering Cakes (page 64)

For the Beverage

Steaming cups of Keemun (mild but robust tea) or Jasmine (delicately flavored tea), scented with white Jasmine blossoms.

SAI SEE GAI

1 medium-sized head western iceberg lettuce
4 scallions
6 tbsps. soy sauce
1 tbsp. sugar
1 tbsp. honey
2 tbsps. salad oil
4 cups cooked chicken, slivered
1/4 cup parsley, chopped
1/4 lb. Chinese Fun See (cellophane noodles)
oil for frying
1 cup roasted blanched almonds or 1 tbsp. toasted sesame seeds, chopped or slivered

Core, rinse and thoroughly drain lettuce, refrigerate in disposable plastic bags (or lettuce "crisper"). Cut scallions into thin slivers 2 inches long. Combine soy sauce, sugar, honey and salad oil stirring until sugar dissolves. Mix with chicken. Shortly before serving, finely shred lettuce into a large bowl (there should be 1 qt. lettuce). Add scallions and parsley. Cook Fun See (or vermicelli) in boiling salted water for 3 minutes; drain well. Heat about 1/2 inch oil in skillet; add Fun See (or vermicelli) in one piece and cook until browned on one side (about 4 minutes); turn and cook second side until browned (about 1/2 minute). Drain well on absorbent paper. Add chicken and dressing to lettuce. Break up Fun See (or vermicelli) over top and add almonds. Toss until well mixed. Serve at once. Serves 8.

Note Fun See cellophane noodles, also known as bean threads or Chinese noodles, are found in Oriental food shops.

TUNA MAIN DISH CURRY SALAD

2 cans (6 1/2 or 7 ozs. each) tuna, drained and flaked
1 can (20 ozs.) pineapple chunks
1/3 cup mayonnaise
1/3 cup yogurt or dairy sour cream
1 tbsp. onion, minced
1 tsp. curry powder
1 cup celery, diagonally sliced
curly endive
condiments: sweet pickle relish, seedless raisins, toasted coconut, chopped peanuts, chutney

Chill tuna and pineapple. Blend mayonnaise, yogurt (or sour cream), onion and curry. Toss lightly with tuna, pineapple and celery. Serve on lettuce-lined plate with accompanying condiments. Serves 4 to 6.

CANTONESE WALNUT LOBSTER SALAD

1 tbsp. butter
1 tbsp. soy sauce
1 cup California walnuts, large pieces and halves
1 cup diagonally sliced celery
1/2 cup sliced scallions
1 can (5 ozs.) water chestnuts, drained and sliced
1 can (11 ozs.) Mandarin orange segments, drained
3 cups cooked lobster chunks (or prawns, crab or tuna)
sweet-sour dressing
watercress (or salad green)

Melt butter, add soy sauce and walnuts. Stir in gently over low heat until walnuts are lightly toasted, about 10 minutes. Remove and cool. Combine well-chilled celery, scallions, water chestnuts, Mandarin orange segments and lobster. Add just enough sweet-sour dressing to hold ingredients together. Fold in walnuts. Pile on crisp watercress (or salad greens). Serve with additional dressing if desired. Serves 6.

WATERCRESS SALAD

1 small bunch watercress
1 very small onion, thinly sliced
1 medium tomato, sliced
salt
freshly ground black pepper
1 tbsp. lime juice
2 tbsps. salad oil

Wash watercress, drain well, chill. Cut finely into salad bowl. Separate onion slices into rings and add with tomato to watercress. Sprinkle with salt and pepper to taste. Add lime juice and oil, toss lightly. Lovely with fish or chicken main dish or curry garnish. Serves 4.

YAM OF BEEF

1 pound beef round
1/4 tsp. lemon rind, grated
1/4 tsp. ground coriander
1 cup onions, finely chopped
3 red chillies, diced
3 cloves garlic, crushed
1 tbsp. Nam plā (or use anchovy paste)
3 tbsps. lime juice
1 tsp. sugar

Roast meat at 350°F for 45 minutes, or just until medium-rare. Cool and slice as thin as possible. Combine remaining ingredients, toss with beef. Chill several hours before serving on crisp lettuce leaves garnished with thinly sliced cucumber. Nam plā is a Thai salty fish sauce and is available bottled in some specialty stores. Anchovy paste is a good substitute. "Yam" is pronounced "yum" and means salad. Serves 4.

LEMON HONEY DRESSING

2/3 cup fresh lemon juice
1/4 cup honey
1 tsp. cayenne
2 tbsps. sugar
1 tbsp. salt

Combine ingredients and beat until blended. Place in covered

jar; chill until ready to use. Use only 1 or 2 tsp. for each serving.

For a Creamy Dressing

Place ingredients in electric blender, add 1 egg and blend until smooth; then gradually drizzle in 1 cup coconut or olive oil while continuing to blend at high speed. Makes 7/8 cups.

SWEET AND SOUR DRESSING

3 eggs
1/2 cup sugar
2 tbsps. all-purpose flour
2 tsps. seasoned salt
1/8 tsp. curry powder
1/3 cup strained fresh lemon juice
1/3 cup cider vinegar
1 can (14 1/2 ozs.) evaporated milk
1 tbsp. soft (or melted) butter

Beat eggs. Mix sugar, flour, salt and curry powder. Beat into eggs. Blend in lemon juice and vinegar. Cook in top of double boiler over boiling water until mixture thickens, about 10 minutes. Stir frequently to keep smooth. Beat in undiluted evaporated milk and butter. Cool, then store in covered container in refrigerator. Makes about 3 cups.
Note: A delicately flavored dressing to use on seafood and fruit salad particularly.

SESAME CITRUS DRESSING

2 tbsps. toasted sesame seed (place in slow oven about 8 min. until they begin to turn light brown)
2 tbsps. strained honey
1 tsp. orange rind, grated
1 tsp. lemon rind, grated
1/8 tsp. salt
1 cup plain yogurt

In a small bowl, blend together sesame seed, honey, orange and lemon rinds and salt; fold in yogurt. Cover and chill. Use as a dressing for fruit or cooked chicken or seafood salad. Makes about 1 cup.

VEGETABLES

BUTTERED TWO BEANS

1/2 lb. green beans
1/2 lb. fresh wax beans
salted boiling water
1/2 tsp. fennel seed
2 tbsps. melted butter

Wash beans, trim off ends. Cook in 1/2 inch boiling water until tender, about 15 minutes. Drain. Place in serving dish. Sprinkle with fennel seed. Pour melted butter over all. Serves 4.

CARROTS DE CHINE

8 carrots, peeled, grated
scant 3 tbsps. corn oil
3/4 cup boiling water
1/2 tsp. sea salt
1/4 cup scallions, diced
1/4 tsp. freshly ground black pepper
1 tbsp. tamari sauce (Japanese soy sauce at health food shop)

Sauté carrots and scallions in oil until tender. Add remaining ingredients. Stir well. Cover and steam just until heated (about 1 minute). Serves 4.

CAULIFLOWER WITH SESAME DRESSING

1 large head cauliflower
3 tbsps. sesame seed
2 tbsps. mirin (or rice wine vinegar)
3 tbsps. soy sauce

Wash cauliflower, drain carefully. Remove hard core, break into flowerettes. Boil in small amount of water until barely tender. Toast sesame seed in heavy skillet until brown (or until they begin to pop). Grind sesame seed in pepper mill or mortar and pestle and add to mirin and soy sauce. Drain cauliflower well; toss lightly with sesame-soy sauce. Serve in separate bowls. Serves 4 to 6.

CHINESE STIR-FRIED LETTUCE

1 large head western iceberg lettuce
2 tbsps. salad oil or 2 tsps. sesame oil
1/2 tsp. salt or sea salt
minced Chinese parsley, (coriander), optional

Core, rinse, thoroughly drain lettuce; chill in disposable plastic bag (or lettuce crisper). Heat oil and salt to sizzling in wok (or skillet). Tear lettuce leaves into large pieces; toss in hot oil lightly, using chopsticks. Cover, cook over medium heat 1 or 2 minutes longer. Lettuce should not be over-cooked. If desired, toss with minced Chinese parsley to serve with Mongolian mixed grill or sweet-sour fish. Serves 4.

CUMIN CABBAGE

2 tbsps. olive oil
2 tsps. mustard seed
1 tsp. cumin seed
4 cups cabbage, shredded
1 tbsp. sugar
1 tsp. sea salt or salt

Heat oil in large saucepan; add mustard and cumin seed. Heat gently until mustard seed begin to pop. Then add

cabbage. Sprinkle with sugar and salt. Stir until well mixed. Cover, reduce heat, and steam for 5 minutes. Remove cover and continue to cook, stirring constantly, until cabbage is tender. Serves 4.

CURRIED CARROTS

3 tbsps. butter
1 tsp. salt
1 tsp. fenugreek seed
1 tsp. mustard seed
4 whole cloves
1/2 tsp. turmeric
1/8 tsp. cayenne
1/8 tsp. ground cardamom
dash ground cumin
2 cups carrots, sliced
2 scallions, sliced
1 tbsp. water
1/2 cup yogurt

Melt butter, add salt and spices. Heat over very low heat until mustard seeds begin to pop. Add carrots, onions, and water. Cover and simmer for 15 to 20 minutes (or until carrots are tender). Stir in yogurt. Serve immediately. 4 servings.

EGGPLANT RAITA

1 medium eggplant (1 lb.)
2 tbsps. salad oil
1/4 cup onions, minced
1 tsp. coriander seed
2 tsps. curry powder
1 tsp. salt
1 medium tomato, chopped
1 cup plain yogurt

Make six 1 inch slits in the eggplant and place in foil-lined shallow baking pan. Bake at 400°F until soft (about 40 minutes). When cool enough to handle, cut in quarters and peel. Dice pulp. Heat oil in large skillet. Add onion and seasonings; cook, stirring constantly, 5 minutes. Mix in diced eggplant and tomato; cook and stir until heated through. Toss with yogurt and turn into serving dish. Refrigerate at least 1 hour and serve well chilled. Refreshing side dish with vegetarian meals or served icy cold as an accompaniment to curries. Serves 6.

EGGPLANT SAKE

1 medium eggplant
3 tbsps. peanut oil
2 tbsps. soy sauce
3 tbsps. sugar
1/4 cup sake

Wash eggplant, cut into 1/2 inch cubes. Heat oil in skillet; add cubed eggplant, sauté few minutes. Add soy sauce, sugar and sake. Cover, cook over low heat simmering until eggplant is tender. Place eggplant in bowl. Heat sauce to reduce slightly; pour over eggplant. Serves 4.

GLAZED SWEET POTATOES, MIRIN

4 medium sweet potatoes
1 cup water
1 tsp. sea salt
1/2 cup sugar
2 tbsps. mirin (Japanese sweet rice wine or sake)

Peel potatoes, cut into 3/4 inch cubes. Cook in boiling salted water until barely tender. Add sugar and mirin or sake. Cook few minutes longer, shaking pan to prevent burning. When syrup begins to thicken, remove pan from heat, cover and let stand 5 minutes (or longer) before serving. Serves 4.
Note. Mirin (or sake available in many Japanese (or Oriental) groceries.

HONEYED PARSNIP CASSEROLE

6 parsnips, washed
2 tbsps. corn oil
2 tbsps. water or 1 tbsp. water, 1 tbsp. lemon juice
3/4 tsp. sea salt
1 1/2 tbsps. natural honey
1/2 tsp. grated nutmeg or lemon rind, finely grated

Cut parsnips into strips. Place in casserole; brush with oil. Add water (or water plus lemon juice), sea salt and honey. Sprinkle nutmeg (or lemon rind) over top. Cover, bake at 350°F about 20 minutes (or until parsnips are tender). Great with pork dish! Serves 3 to 4.

RED CABBAGE IN YOGURT

3 tbsps. butter
6 cups red cabbage, finely chopped
1 tsp. salt
1 tsp. ground coriander
1/2 tsp. cayenne
2 tbsps. lemon juice
1 cup plain yogurt

Melt butter in 4 qt. saucepan. Add cabbage and toss lightly to coat with butter. Sprinkle with salt, coriander, and cayenne. Stir to mix, then cover, reduce heat and steam 5 minutes. Remove cover and cook until most of the liquid evaporates. Add lemon juice and yogurt. Stir quickly, heating thoroughly, but do not boil. (Yogurt will separate.) Serves 6.

STIR-FRIED CHINESE CABBAGE

1 medium Chinese cabbage (found in many supermarkets or Oriental food shops)
2 tbsps. peanut oil
pinch sugar
2 tbsps. sherry or sake
1 tsp. soy sauce
1 tsp. sea salt
3 tbsps. chicken broth

Cut off leafy end of cabbage, chop coarsely. Slice white part in 1 inch rounds. Heat oil in wok (or skillet) and stir-fry white part 2 minutes. Add green part, stir-fry over high heat 1 minute longer. Add sugar, sherry (or sake), soy sauce, sea salt and broth; toss lightly to mix, cover, simmer about 1 minute. Serve immediately. Serves 4.

STIR-FRIED SNOW PEAS WITH WATER CHESTNUTS

1 tbsp. peanut or corn oil
1/2 lb. snow peas, cut in half lengthwise
1 small can water chestnuts, drained, sliced, slivered
3 dried Chinese mushrooms (soak in warm water 15 mins., drain and slice)
2 to 3 tbsps. chicken broth
soy sauce to taste

Heat peanut or corn oil in wok over high heat. Add remaining ingredients, stir-fry over high heat about 2 to 3 minutes. If desired, garnish with minced scallions. Serve with shrimp fried rice. Serves 4 to 6.

SUBGUM VEGETABLES

scant 2 tbsps. peanut oil
1 pkg. frozen peas, unthawed
1 tbsp. sherry
1 tsp. sea salt
1/2 lb. cleaned whole small mushrooms
1/2 cup chicken broth
1/2 cup canned bamboo shoots, diced
1 tbsp. cornstarch mixed with 2 tbsps. water

Heat oil in wok (or skillet); sauté unthawed peas for about 1 minute, stirring. Add sherry, salt, mushrooms and broth; bring to a boil. Add bamboo shoots, stir-fry 1/2 minute. Stir in cornstarch mixture vegetables. Cook, stirring constantly until sauce becomes smooth and transparent. Serve at once.

SWEET AND SOUR BEETS WITH TOASTED ALMONDS

1/4 cup whole blanched almonds
1 can (1 lb.) whole beets
6 tbsps. apple jelly
1 tbsp. cider vinegar
1/4 tsp. salt

Beforehand, warm almonds in shallow pan in 350° F oven; while warm, split into halves with tip of knife. Return to oven and toast until light golden brown color. Drain beets; heat jelly, vinegar and salt in saucepan, stirring to blend; add beets and heat through. Turn into serving dish and sprinkle with almonds. Serves 4 to 6.

ZUCCHINI WITH ANISE

1 1/2 lbs. zucchini
1/2 tsp. salt
1/2 cup water
2 tbsps. butter
1/2 cup sour cream or yogurt
1/2 tsp. anise seed

Wash zucchini and cut into 1/2 inch slices. Place in saucepan

with salt and water. Bring to a boil. Cover, reduce heat and simmer until tender, about 5 minutes. Drain thoroughly. Dot with butter. Heat sour cream or yogurt and anise just until hot, but *do not boil.* Spoon over zucchini. Serve at once. 4 servings.

VEGETARIAN

AVOCADO TEMPURA SAYONARA

2 eggs
1 cup cold water
3/4 cup plus 3 tbsps. unsifted flour
6 California avocados
peanut oil for deep-frying
soy sauce

Beat eggs and water until fluffy. Beat in flour until just blended no more. Set bowl of batter in bowl of ice to keep it cold while it is being used. Halve, seed and peel avocados. Slice into crescents, about 4 per avocado half, depending on size of avocado. Heat oil to 355°F (if you do not have a thermometer, use the bread test. Drop 1 inch square of day-old bread into hot fat, then count time it takes to brown. At 355°F, it will take bread over 1 minute to brown. At 370°F, it will brown in 60 seconds; at 375°F, 40 seconds; 390°F, 20 seconds). Dip prepared avocado slices into batter. Let excess batter drip off, then lower slices into hot fat. Cook until lightly browned on all sides, about 1 minute, turning once, a few seconds after placing in hot oil. (Easy

way to turn is to tap with the end of a chopstick or knife.) Let drain on absorbent paper on a cake rack. Serve piping hot with soy sauce. Serves 6.
Note: A boon to vegetarians particularly. Great with soybean bake.

CURRANT RICE

1/2 cup currants
1/4 cup white wine
2 tbsps. butter
1/2 cup vermicelli broken in 1/2 inch pieces
1 cup medium or long grain rice
1 can (10 1/2 ozs.) condensed chicken broth
1 soup can water
1/2 tsp. dry mustard
dash cayenne
1 tbsp. soy sauce
1 1/2 cups onions, chopped
1/2 cup yogurt

In a small saucepan, combine currants and wine. Bring to a boil, cover, and simmer for 1 minute. Remove from heat and set aside. Then, in a 2 qt. saucepan, melt butter. Add vermicelli and sauté until browned. Add remaining ingredients, except yogurt. Bring to a boil, cover, and simmer for 12 to 15 minutes or until rice is tender. Stir in raisins and yogurt. Heat for a minute; then serve. Serves 8 to 10.
Note: Mixture is moist and may be prepared in advance and reheated.

CURRIED VEGETABLE MEDLEY

1 cup carrots, diced
1 cup potatoes, diced
1 cup fresh or frozen green peas
2 cups 1 inch pieces green beans (fresh or frozen)
1 1/2 tsps. sea salt or salt
1 cup water
2 tbsps. peanut oil
2 tsps. cumin seed
2 tsps. mustard seed
1 tsp. turmeric
1 tsp. coriander seed
1/4 tsp. cayenne
1/2 cup plain yogurt

Cook carrots, potatoes, peas and beans in salted boiling water

until tender, (about 20 minutes). Keep warm and do not drain. In skillet, heat oil and sauté spices 2 or 3 minutes, stirring constantly. Add cooked spices to vegetables with yogurt. Mix well, heat through, but do not boil or yogurt will separate. Serves 8.

GINGER PEANUT RICE

3 tbsps. ghee or butter
1 cup uncooked rice
1/2 cup onions, chopped
1/4 tsp. ground ginger
2 cups chicken broth (or bouillon)
1 cup dried apricots, diced
1/3 cup dark seedless raisins
1/2 cup celery, chopped
1/2 cup salted peanuts
salt

Melt ghee or butter in large skillet, add rice and onions. Sauté onions until golden brown. Add ginger, chicken broth or bouillon, apricots and raisins. Simmer, covered about 10 minutes or until rice is almost tender. Stir in celery and cook until rice is tender. Mix peanuts into rice mixture and season to taste with salt. Serves 6.

KEDJEREE

1/3 cup rice
4 hard-cooked eggs
1 tbsp. scallions, minced
1/4 cup butter or ghee
1 can (7 ozs.) shrimp, drained
2 tbsps. fresh parsley, chopped
1/8 tsp. freshly ground pepper
1/2 tsp. curry powder
1 tsp. salt
1 tbsp. cream

Cook rice according to package instructions; drain. Remove 1 or 2 center slices from the hard-cooked eggs and set aside for garnish. Cut remainder of eggs into large pieces. Sauté scallions in butter or ghee until transparent but not browned. Add rice, egg pieces, shrimp, parsley, curry powder and salt. Moisten with 1 tbsp. cream (more if desired). Heat thoroughly, stirring carefully with 2 forks. Taste to correct

seasoning. Serve very hot garnished with egg slices. Raisins plumped by cooking in butter, and/or butter-browned almond slivers make crisp, healthy additions to kedjeree. Serves 4.

LEMON VEGETARIAN RICE

3 tbsps. butter
1 1/2 tsps. mustard seed
1 tsp. salt
1/2 tsp. turmeric
1/2 cup green pepper, chopped
1/2 cup eggplant with skin, chopped
1/3 cup green peas
3 cups cooked white or brown rice
2 tbsps. lemon juice

Melt butter in saucepan. Stir in mustard seed, salt and turmeric and heat until mustard seeds begin to pop. Add green pepper, eggplant and peas. Cover and cook over low heat until tender (10 to 15 minutes). Then add rice and lemon juice and stir until heated. Great with chick pea-been salad! Serves 4.

LENTIL CURRY

1 cup lentils
water
1 cup brown rice
1 tsp. salt
few pieces lemon rind
2 onions, chopped
2 tbsps. corn or peanut oil
1 1/2 tbsps. curry powder (more if desired)
2 large apples, peeled and chopped
2 bananas, cut in pieces
1/2 cup seedless raisins
1 tsp. fresh lemon juice
1 tsp. sugar or molasses
1/3 cup shredded coconut
1/4 cup cashew nuts or pine nuts lightly browned in 1 tsp. corn or vegetable oil
mango chutney, optional

Wash lentils, soak in warm water overnight, drain. Put in saucepan with enough water to cover. Simmer until soft, about 45 minutes. Meanwhile, cook brown rice in boiling salted water with lemon rind until tender (45 to 50 minutes). Sauté onions in oil until soft; stir in curry powder, cook over

low heat 1 minute. Add onion curry mixture to lentils with apples, bananas, raisins, lemon juice and sugar or molasses. Simmer about 15 minutes or until reduced in volume by 1/3. Drain off excess liquid; taste to correct seasonings. Serve lentil curry on heated platter with mound of brown rice on side. Garnish curry with shredded coconut, nuts and good quality bottled chutney. Makes a very complete meal. Serves 4.

NA MESHI (Green Rice)

4 cups hot cooked rice
1 lb. fresh spinach or broccoli
sea salt to taste (about 1 1/2 tsp.)

Wash spinach or broccoli carefully. (If using broccoli chop into bite-sized pieces.) Place in saucepan, use only small amounts of water. Steam few minutes (only until spinach or broccoli is crisp-tender). Press in colander to remove excess water; sprinkle with sea salt to taste. Toss lightly with hot cooked rice. Serve at once. Serves 4 to 6.

ORANGE EGG CURRY WITH RICE

2 tbsps. onions, chopped
2 tbsps. butter or margarine
2 tsps. curry powder (more if desired)
1 1/2 tbsps. flour
1 1/2 cups milk or coconut milk (page 119)
3/4 tsp. salt
1/4 tsp. pepper
2 tsps. orange rind, grated
1/4 cup fresh orange juice
6 hard-cooked eggs, quartered
3 cups hot rice (1 cup raw)
parsley, freshly minced
choice of accompaniments. pickle relish, peanuts, chutney and shredded coconut

Cook onions in butter or margarine until soft. Blend in curry powder and flour; heat until bubbly. Stir in milk or coconut milk. Cook until thickened, stirring constantly. Add salt, pepper, orange rind and juice. Add 5 eggs, setting aside sixth for garnish. Heat, stirring gently, to avoid breaking eggs.

Serve over hot rice. Garnish with egg slices and parsley. Serve with choice of curry accompaniments. Serves 4 to 6.

PAKISTANI PEA PULAO (Rice and Peas)

1 cup raw rice
2 cups water
1 tsp. salt
1 tsp. fresh lemon juice
5 whole cloves
5 whole cardamom seeds
1/4 tsp. whole black pepper
1/4 tsp. cumin seed
2 bay leaves
2 sticks cinnamon, 3 inches long
1 pkg. (10 ozs.) frozen peas
2 tbsps. butter or margarine

Combine rice, water, salt and lemon juice. Crack cloves, cardamom seeds, black pepper and cumin seeds; crumble bay leaves and break cinnamon sticks. Tie all spices in a cheesecloth bag. Add to rice. Bring to a boil, cover, and cook 12 to 14 minutes or until rice is tender. Remove spice bag. Meanwhile, cook peas according to package directions. Drain; toss with butter. Add to rice and blend lightly. Serve hot. Serves 6.

PUNJAB DAL WITH SPICES

1 cup yellow split peas
5 cups water
1 tsp. salt
2 tbsps. peanut oil
1 tsp. ground cumin
1/2 tsp. garlic powder
1/2 tsp. turmeric
1/4 tsp. ground mustard
1/4 tsp. cayenne

Wash peas, simmer in salted water until very tender, about 1 hour. Keep warm, do not drain. In skillet, heat oil, sauté spices 2 or 3 minutes, stirring constantly. Add to cooked peas and use pea liquid to remove all spices from skillet. Mix well, bring to a boil. Serve over currant rice. Serves 4.

VEGETARIAN ALMOND EGG FOO YOUNG

6 eggs
1/2 tsp. salt
1/8 tsp. freshly ground black pepper
3/4 cup almonds, sliced
1 can (1 lb.) bean sprouts, drained
1 can (4 ozs.) mushroom stems and pieces, drained
1 cup green pepper, chopped
1/2 cup onions, chopped
2 tbsps. margarine or salad oil
soy sauce

In large bowl, beat egg lightly with salt and pepper. Mix in almonds and bean sprouts. Sauté mushrooms, green pepper and onions in margarine in skillet; pour into egg mixture and mix. Pour 1/2 cup measure of entire mixture into skillet and cook over medium heat, drawing in edges of egg with spatula to keep mixture in individual cakes. Turn each cake when bottom is golden; cook other side. Transfer cakes to warm serving plate. Serve with soy sauce. Serves 4.

VEGETARIAN BIRYANI

1 cup slivered almonds, roasted
4 1/2 cups water
2 cups long grain brown rice
3 tsps. salt
1/4 tsp. powdered saffron
1/3 cup lemon juice
1/3 cup butter or margarine
2 tsps. mustard seed
2 tsps. cumin seed
1/4 tsp. cayenne
2 cups sliced pared potatoes
2 cups carrots, pared, sliced
2 cups zucchini or peas, sliced
1/2 cup seedless raisins
1 cup plain yogurt

Roast almonds in large, oiled skillet, stirring over medium-high heat until golden. Remove from pan. Heat water in large saucepan to boiling. Add rice and 2 tsps. salt. Cover and return to boil. Reduce heat and cook very slowly, for 45 minutes or until tender. Blend saffron and lemon juice. Divide rice in half, mix saffron-lemon juice into one half of rice. Melt butter in large skillet, mix in mustard and cumin seed, 1 tsp. salt and the cayenne. Add potatoes, carrots,

zucchini and scallions. Cover and cook 10 minutes shaking pan often for even cooking. To assemble, spoon plain rice into bottom of attractive, 3 inch deep, 3 qt. casserole. Top with sautéed vegetables, then the saffron rice. Sprinkle with roasted almonds and the raisins. Cover and bake at 375°F for 20 to 25 minutes or until vegetables are hot and tender-crisp. Stir yogurt until smooth; spread over top of casserole. Bake uncovered 3 to 5 minutes longer. Serves 8.
Note: This is a feast dish; often served in Kashmir, made with highly spiced lamb by non-vegetarians.

VEGETARIAN BROWN RICE

1 cup uncooked brown rice
2 1/2 cups water
1 tsp. salt or sea salt
2 cups scallions and tops, sliced
2 tbsps. peanut oil
1 cup carrots, grated
1 tbsp. tahini, optional
3 tbsps. soy sauce

Combine rice, water and salt or sea salt. Bring to a boil, stir well. Cover, reduce heat and simmer 45 minutes or until rice is tender. Sauté scallions in oil until just tender, a minute or less; stir into rice with raw grated carrots, tahini and soy sauce. Serve at once. Great served with chappatis and fresh fruit salad. Serves 6.
Note: Sea salt and tahini are both available at health food stores. Tahini is paste made from sesame seeds, often used as spread on brown whole grain bread for snack or quick pick-me-up.

ZEN VEGETARIAN LOAF

1 medium eggplant, pealed and chopped
1 cup celery, diced
1 medium onion, chopped
1 carrot, grated
1 tomato, diced
4 tbsps. butter
1 egg, beaten
1 cup cooked brown rice
1/2 tsp. dried oregano
1 tbsp. wheat germ
1 tbsp. tofu (soybean curd, available at Oriental or health food shops)
1 clove garlic, crushed
sea salt to taste
handful sesame seeds, optional

Sauté vegetables in butter few minutes over low heat, stirring until vegetables begin to become limp. Cool. Add beaten egg, brown rice, oregano, wheat germ, tofu, garlic and sea salt. Mix well; form into loaf in greased baking dish. Garnish with toasted sesame seeds. Bake in preheated 350° F oven about 30 minutes. Good with spinach salad toss and chappati. Serves 3 to 4.

POT POURRI

APRICOT CHUTNEY

3/4 cups California dried apricots, finely chopped
1/4 cup water
1/4 cup sugar
1 cup tart apples, finely diced
1/4 cup raisins
1 tbsp. onion, minced
2 tbsps. fresh lemon or lime juice
1/4 tsp. ground ginger
1/4 cup freshly grated coconut or packaged, shredded coconut
2 or 3 drops Tabasco
1/2 tsp. lemon or lime rind, optional, finely grated

Combine apricots, water and sugar in saucepan; cover and bring to a boil. Reduce heat and simmer for 2 or 3 minutes (or until water is absorbed). Stir frequently; cool. Combine cooled apricots with all remaining ingredients. Let stand at room temperature at least 1 hour before serving. Lovely accompaniment to serve with poultry, pork or curry dishes. To store, cover in refrigerator up to 1 week. Makes about 1 1/2 cups.

BANANA CHUTNEY

3/4 cup brown sugar
1/2 cup vinegar
2 tbsps. crystallized ginger, chopped
1/4 cup onions, chopped
1/2 tsp. dry mustard
1 stick cinnamon
4 whole cloves
1/2 cup light raisins
3 bananas

Combine all ingredients except bananas. Bring to boil, simmer uncovered 10 minutes. Peel, dice bananas; add to spicy syrup, simmer 5 minutes longer. Cover, store in refrigerator several days. Good with lamb, chicken or shrimp curries. Makes 1 pt.
Note: Banana chutney is fun to make and take to a friend as a gift!

FRESH GINGER CHUTNEY

1/2 cup fresh lime juice
1 cup fresh ginger root, scraped, finely minced
1 tsp. lime rind, grated
1/2 cup seedless white grapes
1 large clove garlic
2 1/2 tsps. sea salt

Combine all the ingredients and blend in electric blender at high speed for 1/2 minutes. Serve chutney at once or store in sealed jar in refrigerator 1 or 2 days. Should be used almost at once. About 1 1/2 cups.

GHEE (Clarified Butter)

This is the same as ghee and can be made by heating 2 lbs. sweet butter in heavy saucepan over very low heat. Melt butter, remove foam that forms on top and allow to cook until the milky residue at the bottom cooks into a grainy sediment. Strain through a cloth wrung out in cold water. Store in a covered jar or dish in refrigerator. It will keep for quite a while. Ghee is the preferred oil used in much of the

finest food preparation throughout India. Bottled ghee, often made from water buffalo milk, is sold at Indian food shops. Makes about 1 lb.

HONEY ALMOND PEARS

3 fresh California Bartlett pears
fresh lemon juice
1/3 cup sugar
2 tbsps. honey
2 tbsps margarine or butter
1 tbsp. milk
2/3 cup sliced natural unblanched almonds

Pare, halve and core pears; coat with lemon juice and place rounded side up in 10 inch pie plate or baking dish. Combine sugar, honey, margarine or butter and milk in small saucepan: boil for 4 minutes, stirring, to prevent bottom from burning. Mix in almonds; pour over pears. Place in preheated 350° F oven for 15 minutes. Serve hot or cold as dessert or meat accompaniment. Serves 6.

HOT MUSTARD NECTARINES

2 or 4 fresh nectarines
1/4 cup butter or margarine
1/2 cup brown sugar
3 tbsps prepared mustard
2 tsps. cornstarch
1 tbsp. vinegar

Slice nectarines to measure 2 cups. Melt butter or margarine in saucepan. Combine sugar, mustard and cornstarch; stir into butter. Bring to boil then stir in vinegar and nectarines; cook 2 minutes longer. Serve with pork chops. Makes 1 3/4 cups.

PICKLED CUCUMBERS

2 cucumbers
1/2 tsp. salt
1/4 tsp. distilled vinegar
1 tbsp. sugar
1 tsp. fresh ginger root, finely minced

Peel cucumbers and split in half, lengthwise Cut into thin slices and sprinkle lightly with salt. Let stand for 15 minutes.

Squeeze out excess water. Mix remaining ingredients together and add to cucumbers. Mix well and chill. Serves 6.
Note: For use in Lettuce Lunch or as an accompaniment to meat or fish dish. For a hotter pickle, add 1/4 tsp. lal mirchi powder (available in Indian food shops) or a few drops of Tabasco to taste. *Under no circumstances substitute Mexican chili powder for chili.*

NECTARINE RELISH

2 or 4 fresh nectarines
1/3 cup green peppers, chopped
1/3 cup scallions, chopped
5 tbsps. white wine vinegar
3 tbsps. dill pickle, chopped
2 tbsps. salad oil
1 tbsp. honey
1 clove garlic, crushed
3/4 tsp. salt
1 bay leaf

Chop enough nectarines to measure 2 cups; combine with all remaining ingredients. Cover and chill for 1 day to develop flavor. A nice accompaniment for curry or beef kebabs. Makes 2 cups.

RAISIN NUT RELISH

1 cup raisins
1/2 tsp. salt
1/2 tsp. ginger root, grated
1/4 tsp. ground cardamom
dash cayenne
1/2 cup boiling water
2 tbsps. butter or ghee
1/4 cup raw cashew nuts, chopped
1/4 cup pine nuts

In a mixing bowl, combine raisins, salt, ginger, cardamon and cayenne. Stir in boiling water; set aside. Meanwhile, melt butter and sauté nuts until golden brown. Add raisin mixture and simmer for 1 or 2 minutes to blend flavors. Good meat or curry side dish. Makes about 1 1/4 cups.

SWEET AND SOUR NECTARINE SAUCE

1 tbsp. margarine
1 cup thin onion wedges
1/2 cup carrots, diagonally sliced, very thin
1/2 cup celery, diagonally sliced
1 tsp. salt
1/2 cup water
1/3 cup white vinegar
1/4 cup sugar
1 tbsp. soy sauce
1 large or 2 small fresh nectarines
1 tbsp. cornstarch mixed with 2 tbsps. water

Melt margarine in saucepan or medium skillet; add onions, carrots, and celery. Sauté 5 minutes. Add salt, 1/2 cup water, vinegar, sugar and soy sauce. Simmer 20 minutes. Meanwhile slice nectarines. Blend cornstarch with 2 tbsps. water; stir into hot sauce. Cook, stirring until thickened. Add nectarines; heat through. Serve over broiled, pan-fried steak. Serves 4.

VEGETABLES IN A PICKLE

2 cups turnips
1 cup radishes or carrots, diced
1 tbsp. salt
1/4 cup vinegar
1/4 cup water

Mix vegetables in bowl; add salt. Toss well, let stand 30 minutes. Rinse, press out excess water. Add vinegar and water. Mix, and set aside. Serves 6 to 8.

IV
FORBIDDEN FRUITS

CEYLONESE CHRISTMAS CAKE

1 cup chow chow preserve, chopped
1/2 cup Concord grape preserves
1/2 cup mixed candied fruit, chopped
1/2 cup raisins
1/2 cup sultanas (golden raisins)
1/4 cup candied cherries, slivered
1/4 cup candied citron, chopped
1/4 cup candied orange peal, chopped
1/4 cup currants, optional
2 tbsps. candied ginger, diced
1/4 cup brandy
2 tbsps rosewater
2 tbsps. sherry
1 tsp. vanilla extract
1/4 tsp. almond extract
1 1 2 lb semolina
2 sticks butter, softened
12 egg yolks
1 lb. confectioners' sugar
1 lb. slivered almonds
1 1 2 lb. cashews, ground
2 tbsps. honey
1 4 cup unsifted flour
1/2 tsp. baking powder
1 1 2 tsp each ground cinnamon, nutmeg, cardamom and cloves
6 egg whites

In a large airtight jar combine chow-chow, grape preserves, candied fruit, raisins, sultanas, cherries, citron, orange peel, currants, ginger, brandy, rosewater, sherry, vanilla and almond extract. Season at room temperature for at least 12 hours or a maximum of 3 days. Heat large saucepan over medium heat. Add the semolina, toss until lightly roasted and beginning to turn brown. Remove from heat and stir in butter until well blended. Set aside In a large mixing bowl, beat egg yolks, 2 at a time, at medium speed on electric mixer, gradually adding sugar. Beat until very light and creamy, approximately 20 minutes. Do not underbeat. Stir in seasoned fruit, semolina mixture, almonds, cashews, honey, flour, baking powder and spices. Beat egg whites until stiff but not dry. Fold into batter until thoroughly blended. Pour into three 9 inch round or square greased baking pans lined with brown paper. Bake at 300°F for 1 1/2 hours or until cake springs back when touched in center. Cool 10 minutes

before removing from pan. Carefully remove paper from cake. If desired, sprinkle cake with confectioners' sugar before serving. Store in airtight tin box. Serves 12.

CEYLONESE LOVE CAKE

6 egg yolks
1/4 cup water
2 tbsps. honey
2 tbsps. rosewater
1 1/2 cups sugar
1 tbsp. brandy
1/2 tsp. vanilla
1 1/2 cups sifted cake flour
1/2 tsp. cinnamon
1/2 tsp. cardamom
1/4 tsp. nutmeg
1/4 tsp. salt
6 egg whites
3/4 tsp. cream of tartar
1/2 cup cashew nuts, finely chopped

Beat egg yolks until thick and lemon-colored. Gradually add water, honey and rosewater; continue beating until very thick. Add sugar, 2 tbsps. at a time beating well after each addition. Blend in brandy and vanilla. Sift together flour, cinnamon, cardamom, nutmeg and salt, sift 2 more times. Divide spice-flour mixture into 4 parts. Add one portion at a time to yolk mixture, beating well after each addition. Beat egg whites until foamy; add cream of tartar, beat until moist, glossy peaks form. Gently fold whites and chopped nuts into yolk mixture. Bake in ungreased 10 inch tube pan in preheated 325°F oven 65 to 70 minutes. Invert pan; cool at least 1 hour. Makes 10 inch cake.

Note: This is a delicious lighter version than the traditional flat, crusty love cake made with semolina.

WALNUT SPONGE

1/2 cup California walnuts, very finely chopped
1 cup sifted cake flour
1 tsp. baking flour
dash salt
2 eggs, separated
1/2 cup sugar
1/2 cup milk
1/2 tsp. lemon extract

Spread walnuts on cookie sheet and bake at 350°F for 8 to 10 minutes to lightly toast. Resift flour with baking powder and salt; set aside. Beat egg whites until foamy, gradually add sugar and beat until soft peaks form. With same beater, beat egg yolks with milk and lemon extract until light and foamy. Sprinkle flour mixture and toasted walnuts over beaten egg whites; add egg yolk mixture and with rubber spatula, gently fold to combine ingredients. Pour into an 8 inch square pan. Steam over medium heat for 20 minutes. (If steamer is not available, use a roasting pan. Heat water in bottom of roaster until steaming; suspend wire rack on pyrex bowls above water; place batter-filled pan on wire rack. Place lid on roaster or cover with aluminum foil. Remove from steamer and invert over wire rack to "hang" 15 minutes to rest. Remove from pan. Cut into diamonds or squares. Serve warm garnished with a walnut half or cold, topped with Lemon Frost. One 8 inch cake.

LEMON FROST

2 tbsps. butter or margarine
1 1/2 cups confectioners' sugar
about 1 tsp. water
1 tsp. lemon extract
1/4 tsp. lemon rind, finely grated
dash salt

Combine butter with sugar and water to form smooth thick icing. Add lemon extract, lemon rind and salt; blend well. Makes 1/2 cup.

PARSI AVOCADO-PISTACHIO FREEZE

2 fully ripe avocados, peeled, seeded
1/4 cup fresh lime or lemon juice
1/2 cup confectioners' sugar
1/2 cup roasted shelled pistachio nuts, ground
2 tbsps. creme du cacao
1 cup heavy cream, whipped, or plain yogurt
mint leaves for garnish

Whip avocados in electric mixer or blender with lime or lemon juice, sugar, pistachio nuts, and creme du cacao until smooth. Fold into whipped cream or yogurt. Put into freezer tray and freeze until almost firm about 1 hour. Stir once with spoon to break up ice crystals that form. Refreeze until firm, but not too hard. Spoon into tall glasses. Serves 6.

Note: This is a dessert that is fun to experiment with! Use fresh strained orange juice in lieu of lime, sweeten with natural sugar (available in health food stores), use ground almonds or cashews to garnish the "freeze"; flavor with bruised mint leaves or pure vanilla extract or almond extract. It can also be presented in unfrozen state as a light souffle-like sweet, spooned into pot de creme or individual souffle dishes. Makes a great accompaniment to a highly spiced beef satay or curried chicken or lamb.

VANILLA APRICOT ICE CREAM

1 can (1 lb. 1 oz.) apricot halves, drained
2 egg yolks, beaten
1/2 cup sugar
1 cup hot milk
1/8 tsp. salt
1 cup heavy cream, whipped, or plain yogurt
1 tbsp. vanilla extract

Purée apricots (makes about 1 cup). In the top part of a double boiler, combine egg yolks, sugar, milk and salt. Cook and stir over simmering water until mixture coats the back of a metal spoon. Remove from hot water; cover surface with wax paper; cool. Fold in puréed apricots. Pour into a freezer tray and freeze about 1 hour or until mixture begins to freeze around edges. Turn into a large mixing bowl and beat smooth about 2 minutes. Fold in whipped cream or yogurt and vanilla extract. Return to freezer tray and freeze until firm, about 3 hours. Makes about 1 qt.

Note: Parsi in origin, this sweet comes from Tibet. A lovely variation calls for purée of fresh mango or Persian melon or papayas.

ALMOND HALVA DELIGHT

1/4 tsp powdered saffron
1 tbsp. hot water
1/2 cup sugar
1 cup water
1 cup unsifted flour
1/2 cup melted butter
1 cup almonds, ground or very finely chopped

Blend saffron with 1 tbsp. hot water in saucepan, stir in sugar and 1 cup water, bring to boil and boil gently for 10 minutes. Gradually mix in melted butter, then add 1/2 cup of the almonds. Spoon into shallow pan (or serving dish), sprinkle with remaining almonds on top. Chill thoroughly. Serves 12. *Note.* Almond Halva resembles thick yellow pudding in appearance and texture but has an elusive mild flavor, an aromatic ending to a meal or in between snack to tickle the palate.

CHINESE ALMOND COOKIES

1/2 cup raw whole almonds
1/2 tsp baking powder
1/4 tsp. salt
1/2 cup butter or margarine
1/3 cup sugar
1/2 tsp almond extract
1 tbsp. gin or vodka or water

Reserve 36 whole almonds, finely chop or grind remainder. Sift flour with baking powder and salt. Thoroughly cream butter with sugar. Stir in all remaining ingredients except whole almonds. Form dough into 36 balls. Place on greased cooky sheets. Press a whole almond into center of each ball. Bake in preheated 350°F oven 20 minutes or until light brown. Makes about 3 dozen cookies.

FIRINI (Pakistani Cold Rice Pudding)

3 cups milk
2 tbsps. raisins
1/3 cup glutinous rice (found in Chinese grocery)
1/3 cup sugar
1 tsp. vanilla extract or rosewater

Combine milk, raisins, rice and sugar in 2 qt. saucepan. Very slowly bring to a boil, cover, reduce heat and simmer very slowly for 1 hour. Pudding is thin, but will thicken as it chills. Serves 4.

KOREAN PLUM PUDDING

1 cup glutinous rice or use medium grain or short grain rice
2 cups water
1 tsp. salt
1/3 cup brown sugar
1/4 cup honey
1 2 cup peeled chestnuts
1 2 cup cut-up prunes or dates
1/2 tsp. cinnamon
1/2 tsp. soy sauce
1 tbsp. sesame seed oil
2 tbsps. pine nuts

Combine rice, water and salt in saucepan. Bring to a boil. Cover, reduce heat, and simmer for 12 to 14 minutes. Add brown sugar, honey, chestnuts, prunes, cinnamon, soy sauce and sesame oil. Return cover to pan and continue steaming until chestnuts are tender. Serve while still warm sprinkled with pine nuts. Serves 6 to 8.

LADOO

1/4 cup butter
1 cup thick pea flour
1 cup sugar
1 tsp. ground coriander

Melt butter in a 2 qt saucepan; stir in chick pea flour Keep heat medium high and continue stirring until flour browns, about 6 minutes. Add sugar. Keep heat high and continue stirring until sugar melts and mixture is the color of unsweetened chocolate. (This will take about 4 minutes.) Remove from heat. When cool enough to handle, form into 15 to 20 small balls. If mixture hardens too quickly, place in a bag and tap gently to break into bite-size pieces.
Note: A yogi-inspired sweetmeat, tastes like chocolate. Chick pea flour available at health food and Indian foodshops.

NUTTED RICE CREAM

2 1/2 cups milk
1/2 tsp. salt
1/3 cup quick cooking cream of rice cereal
1/4 cup sugar
1/4 tsp. almond extract
2 tbsps. unsalted butter
1/4 cup almonds, slivered
1/4 cup pistachio nuts, chopped

In heavy saucepan, scald milk with salt. Gradually add cereal, stirring constantly, and cook over moderate heat for 2 minutes. Remove from heat and stir in sugar. Cover and let stand 4 minutes. Add almond extract and turn into serving dish. Heat butter in large skillet and sauté the almonds, stirring constantly, until golden. Remove with slotted spoon and drain on absorbent paper. Sauté the pistachio nuts in the same manner. Combine nuts and sprinkle over the pudding. Refrigerate 4 hours or overnight. Makes 6 servings.
Note. A creamy pudding with toasted almonds and pistachios to give it interesting taste and texture.

PEKING DUST

3 egg whites
1/4 tsp. cream of tartar
3/4 cup sugar
1 cup pecan halves
2 cups water
1/2 cup sugar
1 cup peanut oil
1 can (10 ozs.) chestnuts
2 tbsps. light brown sugar
1 1/2 cups heavy cream
3/4 tsp. vanilla extract

Combine egg whites and cream of tartar in small mixer bowl. Beat until foamy; gradually add 3/4 cup sugar and continue beating until stiff and glossy. Using 1/3 cup for each, form meringue mixture into 8 individual shells on a baking sheet lined with brown paper. Bake at 250°F for 50 minutes; turn off oven. Leave shells in oven 1 hour longer. Combine pecans and water in saucepan. Bring to a boil; reduce heat, simmer 1 minute. Drain. Add 1/2 cup sugar, stir until pecans are

well-coated. Turn out onto baking sheet lined with wax paper. Let dry 30 minutes. Heat oil in wok or large skillet to 375°F. Add half the pecans. Cook 1 to 2 minutes, stirring frequently until sugar forms a glaze. Remove from oil and spread out on oiled platter. Repeat with remaining pecans. Drain chestnuts, reserving 1/4 cup liquid. Combine chestnuts, reserved liquid and brown sugar in saucepan. Bring to a boil. Reduce heat; simmer 10 to 15 minutes until thickened and pasty. Cool to room temperature. Purée chestnut mixture in food mill. Combine heavy cream, remaining 3 tbsps. sugar and vanilla extract; whip until stiff. Gently fold chestnut puree into whipped cream. Spoon into meringue shells. Garnish with candied pecans. Serves 8.

STEAMED APRICOT SHANGRI-LA PUDDING

2 tbsps. light brown sugar
1 can (16 oz.) apricot halves
1 1/4 cups unsifted all-purpose flour
2 tsps. baking powder
3/4 cup sugar
1/4 tsp. ground ginger
1/4 tsp. salt
1/4 cup butter or margarine, melted
2 eggs
1/3 cup milk
1 tsp. lemon peel, grated
1/3 cup flaked coconut
1 cup heavy cream, whipped and sweetened

Sprinkle brown sugar over bottom of greased 9 inch cake pan. Pour 2 tbsps. of the apricot syrup over bottom of pan. Arrange drained apricot halves in pan. Sift together flour, baking powder, sugar, ginger and salt. Beat butter with eggs, milk and lemon peel in large bowl Add dry ingredients, stir until smooth. Pour over apricots in pan. Place baking pan in another large pan Add enough hot water to reach halfway up side of baking pan. Bake at 350°F for 50 minutes. Remove cake pan from water. Invert cake pan immediately onto serving plate. Sprinkle coconut in border around top of pudding. Serve warm with whipped cream. Serves 6.

YOGI'S RAISIN NUT RICE PUDDING

1 qt. milk
3/4 cup sugar or natural sugar
1/2 cup raisins
1/4 cup uncooked white or brown rice
2 tbsps. raw unsalted cashews
2 tbsps. raw unsalted almonds
2 tbsps. raw unsalted pistachio nuts
2 tbsps. honey
1/8 tsp. salt
1/8 tsp. nutmeg
pinch ground cardamom
pinch saffron
1/2 tsp. orange extract

Combine all ingredients except extract in 3 qt. saucepan. Bring to a boil, reduce heat and simmer uncovered for 40 minutes or until rice is tender. Stir mixture frequently. A large saucepan is needed because the mixture boils up in pan. Serve warm or chilled. Makes 6 to 8 servings.

APPLES PEKING

2 large yellow apples, washed, peeled, cored, cut in slices, about 1/2 inch thick
2/3 cup flour
1/3 cup water
1 egg, beaten
oil for deep frying
1/2 cup sugar
1/4 cup water
2 tsps. butter

Place apple slices on a plate. Mix flour, water and egg to form batter. Dip apple slices in batter; fry few pieces at a time in deep fat heated to 375°F. Combine sugar, water and butter; cook until it spins a heavy thread (265°F on candy thermometer). Place fried apple slices around outside edge of plate, pour syrup over. Place bowl of ice water containing shaved ice in center so guests dip apple slices in ice water to harden syrup before eating. Serves 4.

CAMBODIAN FRUIT

1 1/2 cups fresh pineapple, diced
1 cup canned or fresh lichees cut in quarters
1 cup orange sections (membrane removed), diced
1/2 cup grapefruit sections (membrane removed), diced
about 1 tbsp. natural sugar or honey
1 tsp. fresh lime juice

Fruit should all be cut approximately the same size. Mix with sugar or honey and lime juice. Chill 1 hour before serving. Serves 4.
Note: Lichees available fresh, canned or dried in Oriental groceries.

HONEY ALMOND PEARS

3 fresh California Bartlett pears
fresh lemon juice
1/3 cup sugar
2 tbsps. honey
2 tbsps margarine or butter
1 tbsp. milk
2/3 cup natural, unblanched almonds, sliced

Pare, halve and core pears; coat with lemon juice and place rounded side up in 10 inch pie plate or baking dish. Combine sugar, honey, margarine or butter and milk in small saucepan; boil for 4 minutes, stirring to prevent burning. Mix in almonds; pour over pears. Bake at 350°F for 15 minutes. Serve hot or cold as dessert or meat accompaniment. Serves 6.

HUNZAKUT APRICOTS KHAN

1 cup dried California apricots, finely diced (about 40 halves)
1 egg white, beaten until frothy
1/3 cup blanched almonds, ground

Mix apricots with egg white. Using about 1 1/2 tsps. of apricot mixture, form into small balls with the hands. Roll in ground almonds until well-coated. Chill apricot balls several hours before serving. Good for snack or dessert. Makes 16 balls.

Note: Recipe is from Prince Mohammed Ameen Khan, son of the Mir of Hunza.

MANDARIN GOLD PEARS

2 tsps. cornstarch
1/8 tsp. ground cloves
1 can (11 ozs.) Mandarin orange segments
1 tbsp. fresh lemon juice
1/2 cup apricot jam
1 tbsp. butter or margarine
2 or 3 fresh California Bartlett pears

In saucepan, mix cornstarch and cloves. Stir in a little liquid from orange segments to form smooth paste. Add remaining liquid, lemon juice and jam. Cook and stir over medium heat until thickened, remove from heat and stir in butter or margarine. Halve and core pears, slice lengthwise. Arrange pears and oranges in 6 shallow bowls. Drizzle with sauce. Top with whipped cream or ice cream if desired.

V
EPILOGUE

EPILOGUE

"I think people are looking for simplicity in food. The menu from the banquet scene is very simple and unusual. One of the best dinners I've ever had was one where there was no meat served at all. It was very much in tune with Shangri-La, not that they don't have meat, but there was nothing that made you feel too full. Nothing bothered you later on. It was a lot of fruit and vegetables and cheese. You felt you were eating a lot of air so it made you feel good!"–ROSS HUNTER

MENU FROM THE BANQUET SCENE FROM "LOST HORIZON"

Bhajia (Fritters)
(Eggplant, Onion and Potato)
Samosas (Turnovers)
(Curried Lamb)
Mint Chutney
Chicken Keema (Curry)

Lentil Bhuna (Lentils and Rice)
Chappatis (Flat Bread)
Beef Keema (Curry)
Artichoke Curry
Lamb Apricot Curry
Pulao (Spiced Rice)
Rasgulla Cakes
Galub Jamun (Rose Fruit)
Semai (Vermicelli)
Assorted Fruits: Papayas,
Pineapples, Guava, Apricots
Apples, Peaches, Mangoes,
Chinese Gooseberries,
Strawberries
Hot Spiced Tea

EGGPLANT OR ONION BAHAJIA (Fritters)

For the Batter

1/2 tsp. salt
1 tsp. baking soda
1 cup flour
1 small egg
1/3 cup water

Sift together salt, soda and flour. Stir in well beaten egg. Add water gradually; beat vigorously until batter is smooth.

For the Fritters

1 medium-sized eggplant (or
2 large onions)
1/2 tsp. turmeric (or 1/2 tsp.
allspice and 1/2 tsp. mace
for onion)
vegetable oil for deep fat
frying

Wash, drain eggplant. Cut into thin pieces 3 inches long by 1/4 inch thick by 2 inches wide. Salt, let stand to allow excess water to drain off. Dry eggplant, add turmeric to batter, blend well. Heat oil in deep saucepan to 375°F. Coat eggplant pieces well with batter. Plunge into oil, cook until golden. Drain on absorbent paper. Prepare onion bhajia by slicing onion into 1/4 inch thick slices. Salt onions well (add 1/2 tsp. sugar to salted onions if desired). Flavor batter with allspice and mace. Dry, cook as directed for eggplant fritters. Serves 4.

POTATO BHAJIA (Fritters)

2 tbsps. onions, chopped
1 tsp. olive oil
1 1/4 cups potatoes, cut in 1-inch cubes
2 cups eggplant, cut in 1-inch cubes
1/4 tsp. ground turmeric
1/2 tsp. ground mustard
1/8 tsp. ground ginger
1/2 pod small dry red chilli pepper, crushed (seeds removed) or 1/4 tsp. cayenne
3/4 tsp. salt
1 1/4 cups warm water

Brown onion in oil over low heat. Add vegetables, turmeric, mustard, ginger, chilli pepper (or cayenne) and salt. Cook over low heat, stirring until golden brown. Add water, mix well. Cover, cook until vegetables are tender and no liquid remains. Stir occasionally. Serve hot or cold with pappadums (deep-fried Indian wafers). Serves 2 to 4.

SAMOSAS (Turnovers)

For the Pastry

2 1/4 cups unsifted all-purpose flour
1 tsp. salt
1/4 cup melted butter
1 cup plain yogurt

Combine flour and salt in mixing bowl. With a fork, mix in melted butter and yogurt to make a stiff dough. Knead well on floured board, at least 5 minutes. Divide dough into 2 balls; refrigerate until ready to use.

For Potato-Pea Filling

1 tbsp. peanut oil
1 tbsp onions, minced
1/4 tsp. cayenne
1/2 tsp. coriander seed
1 tsp. salt
1 cup cooked potatoes, diced
1 cup cooked or canned peas
vegetable oil for deep fat frying

Heat 1 tbsp. oil in large skillet. Add onion, cayenne, coriander and salt. Stir and cook over moderate heat for 2 minutes. Add vegetables; cover, cook over low heat 5 minutes. Remove cover and cook a little more to dry out vegetables. Allow to cool before filling pastry rounds. Roll dough very thin on floured board and cut into 3 inch pastry rounds. Put a spoonful of the vegetable mixture on each pastry round. Fold in half and seal edges with water to make Sasomas. Meanwhile, heat oil to about 370°F. Fry Samosas a few at a time until golden brown. Drain on absorbent paper. Makes a dozen turnovers.

Curried Lamb Filling

2 tbsps. instant minced onion
2 tbsps. water
2 tbsps. butter or margarine
1/4 tsp. garlic powder
1/4 tsp. ground cinnamon
1/4 tsp. ground ginger
1/4 tsp. cayenne
2 tsps. ground coriander
1/4 cup fresh tomato, chopped
1 1/2 cups lamb or beef, finely ground
1 1/4 tsps. salt
1/4 cup water
2 tsps. fresh lemon juice
pastry
eggwhite, beaten slightly

Soften onion in 2 tbsps. water. Sauté in butter (or margarine). Add spices, stir and cook 1 minute. Add tomatoes, lamb (or beef) and salt. Stir and cook 2 or 3 minutes. Add salt and water and cook until all liquid is absorbed. Turn out onto a plate to cool. Roll out pastry as directed above (or make smaller circles 2 1/2 inches in diameter, using cookie cutter. Spoon curried meat mixture for filling into pastry. Fold in half, crimp edges with fork, being sure they are well sealed. Fry in deep fat as directed. Serve vegetable or meat-filled Samosas with Mint Chutney for tangy dipping sauce. Makes 2 dozen turnovers.

MINT CHUTNEY

2 cups fresh mint leaves
1 tbsp. onions, chopped
2 canned chilli peppers or Tabasco to taste
1/4 cup water
1/2 tsp ground ginger
1/2 tsp. salt
3 tsps. sugar
2 tbsps. lemon juice

Wash mint and place in blender container with onions, chilli peppers and water. Blend at high speed, stopping and stirring to blend evenly. Add remaining ingredients; blend a few minutes more. Also excellent with other Indian savories such as pakoras and rotis. Makes about 1 cup.

CHICKEN KEEMA CURRY

1/4 cup olive oil
1 1/2 cups onions, chopped
2 cloves garlic, crushed
3 large tomatoes, chopped
1 cup celery, diced
1 piece green ginger root, chopped
2 large apples, peeled and chopped
1 tbsp. sugar
2 1/2 tbsps. curry powder
3 1/2 cups chicken broth
1 can (3 1/2 ozs.) flaked coconut
1 1/2 tsps. salt
1/4 tsp. freshly ground pepper
4 cups cooked chicken, diced
hot cooked rice

Heat oil in 4 qt saucepan Add onions and garlic; sauté until tender but not brown. Stir in tomatoes, celery, ginger, apples, sugar and curry powder. Heat for 5 minutes. Bring 1 cup of the broth to a boil in a small saucepan. Pour over coconut in electric blender. Blend at high speed for several seconds or until almost smooth. Strain, reserving liquid and pressing juice from coconut. Discard the coconut, add juice to curry mixture in saucepan. Stir in remaining broth, salt and pepper. Bring to a boil and simmer gently for 20 minutes. Thicken with 1/2 to 1 tbsp. flour if desired. Add chicken and simmer for 5 to 6 minutes. Serve over hot cooked rice Serves 6 to 8.

LENTIL BHUNA (Lentils and Rice)

1 lb. lentils
1 large onion, peeled, chopped
1/4 cup ghee or butter
1 cup long-grain rice
approx. 2 tsps. salt
1/4 tsp. ginger root, minced
2 bay leaves
1/2 tsp. ground cardamom (more if desired)
2 cloves, whole
12 peppercorns
2 inch cinnamon stick
2 hard cooked eggs

Wash lentils; cook 10 minutes in salted boiling water. Sauté onion in ghee or butter until light brown, stirring. Remove onion from pan; reserve. Add rice and lentils to same pan and stir over low heat until all the ghee is absorbed. Add salt, ginger, bay leaves, cardamom, cloves, peppercorns and cinnamon Add enough hot water to just cover the rice. Cover, simmer until all water is absorbed. Add more water if needed. When rice and lentils are tender, place in casserole or heatproof serving platter and let it stand in slow oven (about 200°F) to dry out. Remove bay leaves, cloves, peppercorns and cinnamon stick. Garnish with fried onions, and eggs cut in quarters. Makes an excellent accompaniment to chicken keema in lieu of rice. Serves 4.

BEEF KEEMA

1 small onion, minced
large clove garlic, crushed
3 tbsps. butter
1 tbsp. curry powder
1 tsp. tomato puree (or 2 tomatoes, peeled and chopped)
1 1/2 lbs. beef, finely minced
1 tbsp. yogurt
salt to taste
freshly ground pepper to taste
hot cooked rice

Sauté onion and garlic in butter over low heat 1 minute or until onion is transparent. Stir in curry powder, tomato purée (or peeled, chopped tomatoes); cook over high heat 3 or 4 minutes stirring. Add minced beef, cook until meat starts to

brown. Add yogurt, salt, and pepper to taste; heat but do not boil. Serve over hot cooked rice. Serves 4.

ARTICHOKE CURRY

For the Yogurt Topping

1 cup yogurt
1 small clove garlic, crushed
1/4 tsp. salt
dash freshly ground pepper
1 4 tsp dill weed

Blend all ingredients in small bowl, set aside. Do not heat yogurt as it will separate.

For the Artichokes

4 medium-sized artichokes
1/2 lemon
2 medium-sized onions, thinly sliced
1 clove garlic, crushed
2 tbsps. salad oil
2 cans (8 ozs. each) tomato sauce
1 cup water
2 tsps. curry powder
1 4 tsp ground ginger
1/2 tsp. salt

Cut stems, tops, from artichokes; remove small leaves at base. Cut into quarters. With a sharp knife, remove chokes (fuzzy portion) and discard. Rub cut surfaces with lemon juice. Cook in boiling salted water for 15 minutes, drain. Meanwhile, sauté onions and garlic in oil until golden. Stir in all remaining ingredients. Cover, simmer 20 minutes, stirring occasionally. Add artichokes. Spoon sauce over artichokes. Cover, simmer 5 minutes. Spoon artichokes and sauce into serving dish. Serve with yogurt topping. Serves 4.

LAMB APRICOT CURRY

1 1/4 lbs. lean lamb or beef cut in 1 inch cubes
3 tbsps. butter or margarine
1 cup onions, chopped
1 clove garlic, crushed
1 tbsp. curry powder
1/4 tsp. ground ginger
1/2 tsp. grated tangerine or orange peel
1 can (10 1/2 ozs.) beef broth
1 1/4 cups water
1 pkg. (10 ozs.) frozen green peas
1 cup dried California apricots, coarsely chopped
1 cup light cream
1 qt. hot cooked saffron (or parslied) rice
1/4 cup pistachio nuts, chopped, sautéed

Brown meat in butter in large pot. Remove and set aside. Stir in onions and garlic, saute until golden. Add curry powder, ginger and tangerine (or orange) peel, stir for about 1/2 minutes. Return meat to pot, add beef broth and water. Cover, simmer 1 1/2 hours or until tender. Stir occasionally. Add frozen peas and all but 2 tbsps. of the apricots; cover and simmer about 10 minutes or until peas are tender. Remove from heat; stir in cream. Pour in shallow serving dish. Surround rice. Garnish rice with reserved apricots and pistachio nuts. Serves 4.

PULAO (Spiced Rice)

1/4 cup ghee or butter
1 cup raw rice
2 1/4 cups water
2 whole cardamoms, peeled
1 cinnamon stick
2 tbsps. raisins
1 tsp. salt
1/2 tsp. turmeric
8 cashew nuts
8 pistachio nuts
2 tbsps. pine nuts
1/2 cup green peas
1/2 cup unpeeled eggplant, cubed
1/2 cup red (or green) sweet bell peppers, chopped

Heat ghee or butter in saucepan. Add rice and cook stirring over low heat until rice is golden brown. Add water, cardamom seeds, cinnamon stick, raisins, salt, turmeric and

nuts. Stir to mix and bring to a boil. Cover, simmer for 10 minutes. Add vegetables, bring to a boil; then cover and simmer 10 minutes longer or until rice and vegetables are tender. Often served in the Far East, especially India, with lamb or beef curry or whole leg of lamb. Especially served at special feasts. Can be made in many versions from plain cooked rice and ghee to vegetarian (potatoes, cauliflower or peas) to non-vegetarian (lamb, beef, chicken, shrimp or even squab). Serves 8 to 10.

Note Traditionally, rice is cooked separately and vegetables, nuts or spiced meat served on the side.

RASGULLA CAKES

2 qts. milk
one 8 oz. container vanilla flavored or plain yogurt
1/4 cup fresh lemon juice, strained
1 tbsp. farina (cream of wheat)
1 tbsp. sugar
1/2 tsp. salt
1/2 tsp. nutmeg
3 cups water
2 cups sugar
1 tsp. rosewater

In 5 qt. saucepan or Dutch oven, bring milk to a boil. Remove from heat as soon as it starts to foam. Stir in yogurt and lemon juice. Curds and whey will immediately separate. Strain through double thickness of cheesecloth in a strainer, discarding whey. Let drain for 10 minutes. Gently press out any remaining whey. Place "cheese" on a board, knead several times. Sprinkle farina, sugar, salt and nutmeg over cheese and continue kneading until mixture just begins to feel rubbery. This will only take a minute or two. Form into a ball and cut into eighths with a knife. Roll each portion into a ball. In a 3 qt. saucepan, bring water and sugar to a boil, simmer 10 minutes. Add rosewater. Let rasgulla cool in syrup. Refrigerate until 1 hour before serving time, allowing to come to room temperature to serve. Serves 8.

GALUB JAMUN (Rose Fruit)

2/3 cup farina (cream of wheat)
1 cup instant nonfat dry milk
1/2 cup almonds, ground
2 eggs
1/2 cup yogurt
1/2 tsp. salt
1/2 tsp. almond extract
6 tbsps. butter, melted
deep fat for frying
1 1/2 cups sugar
4 cups sugar
1 tsp. nutmeg

Mix farina with dry milk and almonds. Combine eggs, yogurt, salt and almond extract; beat lightly to blend. Stir melted butter into farina mixture; then blend in yogurt mixture. Form into 1 inch balls. Fry in deep fat at 340°F for 2 or 3 minutes (or until golden brown on both sides). Drain on absorbent paper. Bring sugar, water and nutmeg to a boil. Add jamun balls, simmer 10 minutes Remove from heat and let cool in syrup. Serve at room temperature. Serves 12.
Note: Traditionally, this dessert is served with rosewater flavored syrup (add 1 tbsp. rosewater to syrup after it is boiled and omit nutmeg) but nutmeg gives a nutty taste to the "fruit." Galub jamun is served warm or cold, floating in its syrup.

SEMAI

2 tbsps. oil or ghee
1 cup semai (very fine vermicelli) broken in 1 inch pieces
2 cups boiling water
2 cups milk
3 tbsps. sugar
1/4 tsp. ground cardamom
1/8 tsp. salt
pinch saffron
dash ground cloves
2 tbsps. raisins
1 tbsp. butter

Heat oil in 2 quart saucepan. Add semai and sauté until light golden brown. Add boiling water and simmer for 3 minutes. Drain. Add milk, sugar, cardamom, salt, saffron, cloves, and raisins. Bring to a boil, reduce heat, and simmer for 5 to 8 minutes, or until thickened. Mixture will thicken more as it

cools. Add butter, stir until melted. Cool slightly before serving. Or serve chilled with cream poured over top. Serves 4.

SPICED HOT TEA

2 qts. boiling water
1/4 cup loose Darjeeling tea
1 tsp. cracked fennel seeds
1 tsp. ground ginger
1 tsp. whole cloves
2 lemon rinds, grated
1 scant cup sugar

Pour boiling water over tea, fennel, ginger, cloves and lemon rind. Cover and let stand for 5 minutes. Strain into hot teapot, chafing dish (or serving container). Add sugar and stir to dissolve. Serves 10.

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